



Veggie-Packed Pita Pocket

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



55 kcal

Ingredients

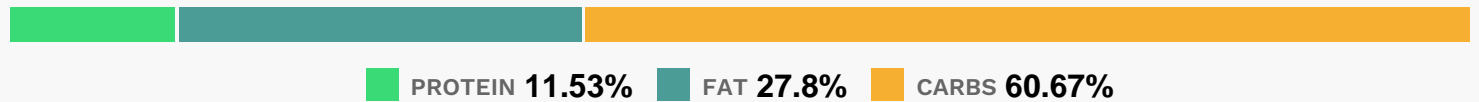
- 2 Tbsp olives black sliced
- 2 carrots shredded
- 2 lettuce leaves
- 2 Tbsp philadelphia neufchatel cheese softened
- 1 bell pepper red cut into 8 rings
- 2 Tbsp tuscan house dressing italian kraft
- 2 pita breads whole wheat cut in half

Equipment

Directions

- Combine carrots, olives and dressing.
- Spread insides of pitas with Neufchatel.
- Fill with lettuce, peppers and carrot mixture.

Nutrition Facts



Properties

Glycemic Index:10.58, Glycemic Load:0.57, Inflammation Score:-9, Nutrition Score:6.2808696148188%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 55.01kcal (2.75%), Fat: 1.79g (2.76%), Saturated Fat: 0.53g (3.32%), Carbohydrates: 8.81g (2.94%), Net Carbohydrates: 7.44g (2.71%), Sugar: 1.87g (2.08%), Cholesterol: 2.19mg (0.73%), Sodium: 121.42mg (5.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.35%), Vitamin A: 2798.32IU (55.97%), Vitamin C: 16.83mg (20.4%), Manganese: 0.24mg (12.06%), Selenium: 5.14µg (7.35%), Fiber: 1.38g (5.5%), Vitamin B6: 0.09mg (4.48%), Vitamin B1: 0.06mg (3.92%), Vitamin K: 4.07µg (3.88%), Folate: 14µg (3.5%), Phosphorus: 33.5mg (3.35%), Vitamin E: 0.49mg (3.26%), Magnesium: 11.86mg (2.97%), Vitamin B3: 0.59mg (2.94%), Potassium: 100.14mg (2.86%), Iron: 0.49mg (2.74%), Copper: 0.04mg (2.16%), Vitamin B2: 0.04mg (2.1%), Vitamin B5: 0.18mg (1.81%), Zinc: 0.27mg (1.77%), Calcium: 12.94mg (1.29%)