



Veggie Pita Pocket

 Vegetarian

READY IN



5 min.

SERVINGS



5

CALORIES



47 kcal

Ingredients

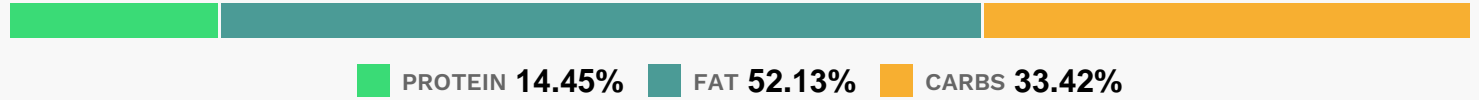
- 3 slices cucumber
- 1 slice pepper jack cheese cut in half diagonally kraft
- 0.5 pita bread
- 1 Tbsp lite ranch dressing kraft
- 1 slice onion red thin
- 1 slice tomatoes

Equipment

Directions

- Fill pita bread with cheese, tomato, cucumber and onion.
- Drizzle with dressing.

Nutrition Facts



Properties

Glycemic Index:40.8, Glycemic Load:3.04, Inflammation Score:-1, Nutrition Score:1.3878260902736%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 46.56kcal (2.33%), Fat: 2.7g (4.15%), Saturated Fat: 1.02g (6.4%), Carbohydrates: 3.89g (1.3%), Net Carbohydrates: 3.62g (1.32%), Sugar: 0.48g (0.53%), Cholesterol: 4.52mg (1.51%), Sodium: 82.71mg (3.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.36%), Vitamin K: 4.87µg (4.63%), Calcium: 38.76mg (3.88%), Phosphorus: 32.65mg (3.26%), Manganese: 0.04mg (2.07%), Vitamin A: 81.5IU (1.63%), Vitamin B2: 0.03mg (1.6%), Vitamin B1: 0.02mg (1.37%), Zinc: 0.2mg (1.33%), Vitamin C: 1.08mg (1.31%), Fiber: 0.26g (1.06%), Selenium: 0.73µg (1.05%), Folate: 4.15µg (1.04%), Magnesium: 4.12mg (1.03%)