



Veggie Pitas with Tzatziki

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



235 kcal

Ingredients

- 1 carrots shredded
- 1 cucumber thinly sliced
- 2 wholewheat pita breads good
- 0.3 small onion red very thinly sliced
- 2 servings tzatziki for drizzling

Equipment

Directions

Place each pita on a plate. In a strip in the center, place half of the cucumbers, carrot, and onion in each.

Drizzle generously with tzatziki. Fold and serve.

Nutrition Facts

 **PROTEIN 12.5%**  **FAT 18.96%**  **CARBS 68.54%**

Properties

Glycemic Index:92.92, Glycemic Load:30.64, Inflammation Score:-10, Nutrition Score:12.243912966355%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 235.01kcal (11.75%), Fat: 5g (7.69%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 40.64g (13.55%), Net Carbohydrates: 37.27g (13.55%), Sugar: 5.1g (5.66%), Cholesterol: 5mg (1.67%), Sodium: 474.76mg (20.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.41g (14.83%), Vitamin A: 5303.6IU (106.07%), Manganese: 0.44mg (22.01%), Vitamin B1: 0.22mg (14.83%), Vitamin K: 14.88µg (14.17%), Fiber: 3.37g (13.48%), Calcium: 122.39mg (12.24%), Potassium: 388.88mg (11.11%), Copper: 0.22mg (10.98%), Folate: 42.85µg (10.71%), Phosphorus: 100.48mg (10.05%), Magnesium: 37.6mg (9.4%), Vitamin C: 7.62mg (9.23%), Vitamin B3: 1.57mg (7.85%), Vitamin B6: 0.15mg (7.71%), Iron: 1.23mg (6.86%), Vitamin B5: 0.68mg (6.82%), Vitamin B2: 0.11mg (6.66%), Zinc: 0.82mg (5.48%), Vitamin E: 0.25mg (1.66%)