



## Zesty Turkey Pita Pocket

READY IN



10 min.

SERVINGS



10

CALORIES



33 kcal

### Ingredients

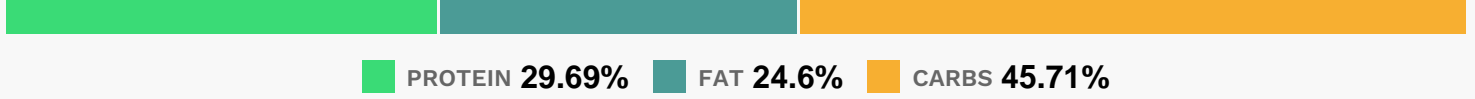
- 0.5 cup baby spinach leaves
- 6 slices cucumber thin
- 6 slices oscar mayer deli oven roasted turkey breast fresh
- 1 Tbsp lite house dressing italian kraft
- 2 Tbsp athenos reduced fat feta cheese crumbled
- 1 pita bread whole wheat cut in half

### Equipment

### Directions

- Toss spinach with dressing.
- Fill bread with spinach, cucumbers and turkey.
- Top with cheese.

## Nutrition Facts



## Properties

Glycemic Index:4.7, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.0547826278793%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 32.53kcal (1.63%), Fat: 0.93g (1.43%), Saturated Fat: 0.31g (1.95%), Carbohydrates: 3.88g (1.29%), Net Carbohydrates: 3.47g (1.26%), Sugar: 0.54g (0.61%), Cholesterol: 5.28mg (1.76%), Sodium: 140.39mg (6.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.04%), Vitamin K: 8.45µg (8.05%), Manganese: 0.12mg (5.8%), Selenium: 3.46µg (4.95%), Vitamin B3: 0.83mg (4.13%), Phosphorus: 30.42mg (3.04%), Vitamin A: 144.86IU (2.9%), Vitamin B6: 0.05mg (2.64%), Magnesium: 7.5mg (1.87%), Vitamin B1: 0.03mg (1.68%), Fiber: 0.4g (1.62%), Folate: 5.96µg (1.49%), Potassium: 50.76mg (1.45%), Iron: 0.25mg (1.41%), Vitamin B5: 0.13mg (1.28%), Copper: 0.02mg (1.14%)