



Zesty Vegetarian Pitas



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



226 kcal

Ingredients

- ☐ 15 ounce chickpeas drained canned (garbanzo beans)
- ☐ 0.5 cup cucumber diced peeled seeded
- ☐ 4 curly kale leaves
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup dressing fat-free italian
- ☐ 1 teaspoon juice of lemon
- ☐ 0.5 cup mayonnaise light
- ☐ 0.3 teaspoon pepper
- ☐ 2 6-inch pitas cut in half ()

- ☐ 0.3 cup onion red chopped
- ☐ 2 tablespoons sun-dried tomato spread dry (such as California Sun)
- ☐ 2 cups tomatoes seeded chopped

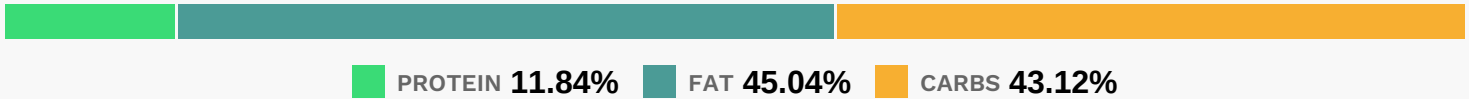
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Combine first 6 ingredients in a food processor; process until smooth. Cover and chill.
- ☐ Combine tomato, cucumber, onion, and dressing in a bowl; cover and marinate in refrigerator 1 hour.
- ☐ Drain tomato mixture; discard marinade. Line each pita half with a lettuce leaf; spread each with 3 tablespoons chickpea mixture. Spoon about 2/3 cup marinated vegetables into each pita half.

Nutrition Facts



Properties

Glycemic Index:87.33, Glycemic Load:5.51, Inflammation Score:-8, Nutrition Score:15.058695596197%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

Nutrients (% of daily need)

Calories: 225.78kcal (11.29%), Fat: 11.69g (17.99%), Saturated Fat: 1.66g (10.38%), Carbohydrates: 25.19g (8.4%), Net Carbohydrates: 18.77g (6.82%), Sugar: 6.29g (6.98%), Cholesterol: 4.48mg (1.49%), Sodium: 686.92mg (29.87%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.84%), Manganese: 1.1mg (55.21%), Vitamin K: 56.16µg (53.48%), Vitamin A: 1849.05IU (36.98%), Vitamin B6: 0.62mg (30.88%), Fiber: 6.42g (25.7%), Vitamin C: 14.71mg (17.83%), Potassium: 509.73mg (14.56%), Copper: 0.28mg (13.93%), Phosphorus: 130.45mg (13.05%), Folate: 51.72µg (12.93%), Magnesium: 49.3mg (12.33%), Iron: 2.06mg (11.46%), Vitamin E: 1.39mg (9.28%), Zinc: 1.03mg (6.86%), Vitamin B1: 0.1mg (6.81%), Calcium: 64.56mg (6.46%), Vitamin B5: 0.53mg (5.33%), Selenium: 3.45µg (4.93%), Vitamin B3: 0.93mg (4.64%), Vitamin B2: 0.06mg (3.7%)