



Zorba's Pocket Sandwich

 Dairy Free

READY IN



75 min.

SERVINGS



15

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

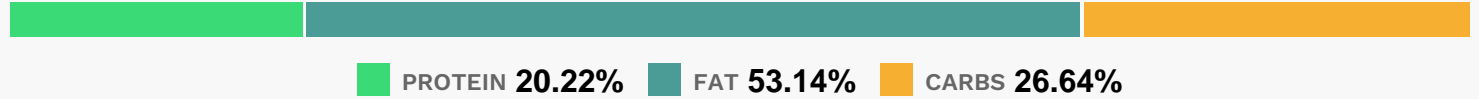
- 8 olives black pitted sliced
- 1 cucumber thinly sliced
- 8 oz oscar mayer ham chopped
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 8 lettuce leaves
- 1 onion thinly sliced
- 4 pita breads cut in half
- 8 oz oscar mayer cotto salami

Equipment

Directions

- Combine first 4 ingredients; refrigerate at least 1 hour.
- Fill pita halves with lettuce, ham, salami and vegetable mixture.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:8.01, Inflammation Score:-6, Nutrition Score:6.6199999244317%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 168.49kcal (8.42%), Fat: 9.83g (15.13%), Saturated Fat: 3.01g (18.79%), Carbohydrates: 11.09g (3.7%), Net Carbohydrates: 10.3g (3.75%), Sugar: 1.57g (1.75%), Cholesterol: 21.32mg (7.11%), Sodium: 716.56mg (31.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.42g (16.83%), Vitamin B1: 0.3mg (19.72%), Vitamin A: 973.46IU (19.47%), Selenium: 7.58µg (10.83%), Vitamin B3: 1.92mg (9.62%), Phosphorus: 92.76mg (9.28%), Vitamin B6: 0.18mg (9.16%), Vitamin B12: 0.52µg (8.67%), Zinc: 1.19mg (7.93%), Manganese: 0.15mg (7.47%), Vitamin B2: 0.12mg (6.92%), Vitamin K: 5.89µg (5.61%), Potassium: 188.53mg (5.39%), Vitamin C: 3.52mg (4.26%), Copper: 0.08mg (4.15%), Iron: 0.74mg (4.13%), Magnesium: 15.51mg (3.88%), Vitamin B5: 0.35mg (3.46%), Folate: 13.46µg (3.37%), Fiber: 0.79g (3.17%), Calcium: 27.09mg (2.71%), Vitamin E: 0.35mg (2.35%)