

Recipe Analyzer Results

A single serving of this recipe has 297 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 4

Amount per serving

Calories **297**

% Daily Value*

Total Fat 5.2g	7%
Saturated Fat 0.8g	4%
Cholesterol 42mg	14%
Sodium 1221mg	53%
Total Carbohydrate 31.1g	11%
Dietary Fiber 3.3g	12%
Total Sugars 11.6g	
Protein 31.3g	
Vitamin D 0mcg	0%
Calcium 193mg	15%
Iron 3mg	15%

Ingredients:

- 75 ml (1/3 cup) 0% fat plain Greek yogurt
- 30 ml (2 tbsp) light mayonnaise
- 5 ml (1 tsp) Dijon or yellow mustard
- 1 ml (1/4 tsp) fresh ground black pepper
- 375 ml (1 1/2 cups) chopped cooked turkey breast meat (about 227 g /8 oz)
- 125 ml (1/2 cup) diced red or green bell pepper
- 60 ml (1/4 cup) grated carrot
- 2 whole grain pita pockets
- 4 leaves Boston lettuce
- 1 Quarter of an English cucumber, thinly sliced

Potassium 613mg

13%

Nutrition Facts

Servings: 4

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**