

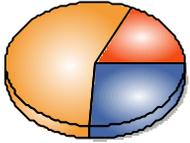


Waldorf Salad Pita

By: Created by DrJez LLC

Recipe grams: 200.56g/7.1oz

Serves 1 200.56g/7.1oz per serving



Protein: 22%
Carbohydrates: 54%
Fat: 24%

INGREDIENTS

- 1 tbsp SALAD DRESSING, MAYO-TYPE, NONFAT
- 1 small APPLE W/SKIN, RAW
- 1 tbsp WALNUT, ENGLISH, DRIED, RAW
- 2 tbsp CELERY, RAW
- 1/4 cup MOZZARELLA, NONFAT, SHREDDED
- 1 pita PITA BREAD, 100% WHOLE WHEAT, MINI

DIRECTIONS

Chop Apple. Mix together remaining ingredients and stuff into Pita halves

Nutrition Facts

Serving Size: 1 serving (200.6g)
Servings: 1

Amount Per Serving

Calories 230 Calories from Fat 60

% Daily Value*

Total Fat 6g **10%**

Saturated Fat 0.5g **2%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 500mg **20%**

Total Carbohydrate 33g **10%**

Dietary Fiber 6g **25%**

Sugars 15g

Protein 13g

Vitamin A 6%

• Vitamin C 10%

Calcium 35%

• Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.