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Hummus Pocket Sandwich ♦

The Hummus Pocket Sandwich is a vegan recipe that originated in the Middle East. It is a popular dish made with pita bread filled with hummus, fresh vegetables, and other flavorful ingredients. It is a healthy and delicious option for a quick and easy meal.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 300 grams

Number of Servings: 2

Serving Size: 150 g

Ingredients

150 g	pita bread
100 g	Hummus
50 g	cucumber
50 g	Tomato
20 g	red onion

20 g	lettuce
10 ml	olive oil
10 ml	lemon juice
2 g	salt
2 g	black pepper

Directions

Step 1

Cutting

Cut the pita bread in half to form pockets.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Spreading

Spread hummus inside the pita pockets.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Cutting

Slice cucumber, tomato, and red onion into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Filling

Place the sliced vegetables inside the pita pockets.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Drizzling

Drizzle olive oil and lemon juice over the vegetables.

Prep Time: 1 mins

Cook Time: 0 mins

Step 6

Seasoning

Season with salt and black pepper to taste.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 8 g

Protein: 8 g

Carbohydrates: 35 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	6 g	15.79%	24%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	4 mg	0.4%	0.4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	250 mg	7.35%	9.62%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Cuisines

Middle Eastern

Course

Sauces & Dressings

Salads

Snacks

Meal Type

Breakfast

Dinner

Snack

Brunch

Lunch

Supper

Healthy For

Hepatitis

Gastroesophageal reflux disease (GERD)

Kitchen Tools

Microwave

Cooking Method

Steaming

Cut

Plating

Serving

Stir-frying

Mashing

Preparation

Cooling

Cutting

Cooking

Difficulty Level

Medium

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