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Fiesta Pita ♦♦

Fiesta Pita is a delicious and flavorful dish that is perfect for a quick and easy meal. It is made with a combination of fresh vegetables, spices, and a tangy sauce, all stuffed inside a warm pita bread. This recipe is a crowd-pleaser and can be enjoyed by both vegetarians and non-vegetarians alike.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

4 pieces	pita bread
200 g	Chickpeas
200 g	Tomatoes
150 g	cucumbers

100 g	red onion
100 g	lettuce
100 g	feta cheese
100 g	Greek yogurt
2 tsp	lemon juice
2 tbsp	olive oil
2 cloves	garlic
1 tsp	paprika
1 tsp	cumin
1 tsp	salt
1 tsp	pepper

Directions

Step 1

Mixing

In a bowl, combine Greek yogurt, lemon juice, minced garlic, salt, and pepper to make the sauce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a separate bowl, mix paprika, cumin, salt, and pepper.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Mixing

Drain and rinse the chickpeas. Toss them with the spice mixture.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Sautéing

Heat olive oil in a pan and sauté the chickpeas until crispy.

Prep Time: 5 mins

Cook Time: 5 mins

Step 5

Cutting

Cut the tomatoes, cucumbers, red onion, and lettuce into small pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Oven, stove

Warm the pita bread in the oven or on a stovetop.

Prep Time: 2 mins

Cook Time: 2 mins

Step 7

Assembly

Assemble the fiesta pitas by spreading the yogurt sauce on the pita bread, adding the chopped vegetables, crispy chickpeas, and crumbled feta cheese.

Prep Time: 3 mins

Cook Time: 0 mins

Step 8

Serving

Serve the fiesta pitas immediately and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 8 g

Protein: 15 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	8 g	21.05%	32%
Sugars	6 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	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	15 mg	1.5%	1.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	20 mg	250%	111.11%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer Fall

Events

Game Day

Cuisines

Italian Thai American

Nutritional Content

Low Fat Sugar-Free High Vitamin C

Kitchen Tools

Blender Slow Cooker

Course

Appetizers Main Dishes Side Dishes Salads Snacks

Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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