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Pita Burger ♦♦

A delicious burger made with pita bread instead of traditional buns. Perfect for a quick and easy meal.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Ground Beef
4 pieces	pita bread
100 g	lettuce
100 g	Tomato
50 g	onion
100 g	cheese

50 g	ketchup
50 g	mustard
5 g	Salt
5 g	Pepper

Directions

Step 1

Preheating

Preheat the grill or stovetop pan.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Grilling

Divide the ground beef into 4 equal portions and shape them into patties.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Season the patties with salt and pepper.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Grilling

Grill the patties for about 4-5 minutes per side, or until cooked to your desired level of doneness.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Grilling

Toast the pita bread on the grill or in a toaster.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Assemble the burgers by placing a patty on each piece of pita bread. Top with lettuce, tomato, onion, cheese, ketchup, and mustard.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 25 g

Protein: 20 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	2 g	5.26%	8%
Sugars	5 g	N/A	N/A
Lactose	5 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	25 g	89.29%	100%
Cholesterol	60 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	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Events

Barbecue

Picnic

Kitchen Tools

Slow Cooker

Course

Appetizers

Main Dishes

Side Dishes

Sauces & Dressings

Cooking Method

Steaming

Blanching

Sautéing

Cut

Mixing

Serving

Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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