

# FILLED PITA POCKETS



Low protein diet



Appetize



Sabah

**Kcal** Hypercaloric

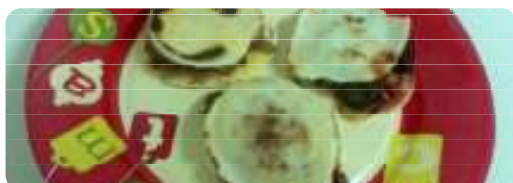
## INGREDIENTS

For **the bread**

- 100g cornflour ADPAN (protein per 100g: 1.25g)
- 300g low-protein flour
- 1 packet yeast
- Salt
- Sugar
- Tepid water

For **the filling**

- Fried tomato sauce
- Chopped onion
- Chopped sweet pepper, red and green
- Chopped olives
- Sliced mushrooms
- Olive oil
- Parsley
- Special cheese



## METHOD

- Put all of the ingredients for the bread in a bowl and slowly add the tepid water until you get an even dough. Leave it to rest.
- Roll out the dough to the right thickness and use a round mould to cut the shapes of the pockets.
- Cook the dough in a frying pan, slowly, turning it over and over again.
- In another pan, fry the ingredients for the filling. You can add the special cheese here.
- Open up the halves of the bread and fill with the fried filling.

## Nutritional Values

(per portion 50g)

- Protein (brut) (g): 1.54 (Kcal %): 2.55
- Lipids total (g): 5.31 (Kcal %): 19.8
- Carbohydrates (g) 46.22 (Kcal %): 76.6
- Energy (Kcal): 241
- Polyunsaturates (g): 0.53
- Tryptophan (mg): 0-15
- Leucine (mg): 5.4
- Lysine (mg): 0.9
- Methionine (mg): 0.9
- Phenylalanine (mg): 8.9
- Tyrosine (mg): 1.5