



A-Little-Nutty Chicken Pita

READY IN



15 min.

SERVINGS



2

CALORIES



260 kcal

Ingredients

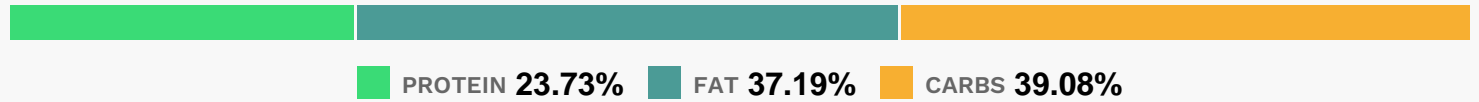
- 0.3 cup apples chopped
- 2 oz oscar mayer carving board flame grilled chicken breast strips chopped ()
- 1 green onion sliced
- 1 leaf lettuce piece
- 2 Tbsp miracle whip dressing light
- 1 grain pita bread whole cut in half
- 1 provolone cheese cut in half kraft
- 0.3 cup grapes red seedless cut in half
- 2 Tbsp planters walnuts toasted chopped

Equipment

Directions

- Combine first 6 ingredients.
- Fill pita halves with cheese, lettuce and chicken mixture.

Nutrition Facts



Properties

Glycemic Index:143, Glycemic Load:16.9, Inflammation Score:-4, Nutrition Score:9.514347900515%

Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 259.59kcal (12.98%), Fat: 10.9g (16.77%), Saturated Fat: 2.68g (16.77%), Carbohydrates: 25.78g (8.59%), Net Carbohydrates: 23.44g (8.52%), Sugar: 6.73g (7.48%), Cholesterol: 32.09mg (10.7%), Sodium: 368.3mg (16.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.65g (31.3%), Manganese: 0.52mg (25.77%), Vitamin B3: 4.7mg (23.5%), Phosphorus: 182.83mg (18.28%), Vitamin K: 17.05µg (16.24%), Selenium: 9.75µg (13.93%), Vitamin B6: 0.27mg (13.41%), Copper: 0.26mg (12.83%), Calcium: 118.78mg (11.88%), Vitamin B1: 0.15mg (10.08%), Magnesium: 37.54mg (9.39%), Fiber: 2.34g (9.36%), Zinc: 1.18mg (7.89%), Vitamin B2: 0.13mg (7.53%), Potassium: 246.19mg (7.03%), Iron: 1.24mg (6.88%), Folate: 24.45µg (6.11%), Vitamin B5: 0.51mg (5.14%), Vitamin A: 203.39IU (4.07%), Vitamin B12: 0.24µg (3.92%), Vitamin C: 2.69mg (3.26%), Vitamin E: 0.27mg (1.82%)