



Asian Chicken Pita

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



191 kcal

Ingredients

- ☐ 0.5 cup bean sprouts
- ☐ 0.3 cup green onions sliced
- ☐ 2 leaf lettuce leaves
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 17-inch pita bread round whole wheat cut in half crosswise ()
- ☐ 1 tablespoon rice vinegar
- ☐ 2 servings try build-a-meal
- ☐ 1 teaspoon sesame oil
- ☐ 8 ounce skinned

☐ 0.3 cup water chestnuts diced

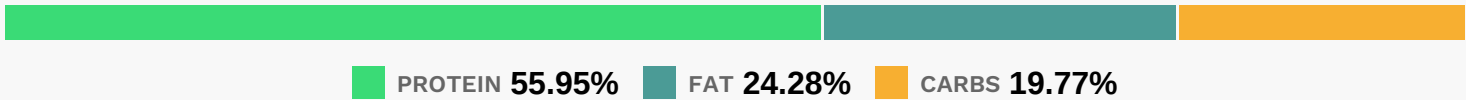
Equipment

☐ sauce pan

Directions

- ☐ Place chicken in a medium saucepan; add water to cover. Bring to a boil. Reduce heat to medium, and cook, uncovered, 15 minutes or until chicken is done; drain.
- ☐ Let chicken cool to touch. Chop chicken into bite-size pieces.
- ☐ Combine chicken, sprouts, water chestnuts, and green onions.
- ☐ Combine vinegar, soy sauce, and oil; pour over chicken mixture, tossing gently.
- ☐ Line each pita half with 1 lettuce leaf; spoon chicken mixture evenly into pita halves.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.19, Inflammation Score:-5, Nutrition Score:16.084782548573%

Flavonoids

Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 191.49kcal (9.57%), Fat: 5.09g (7.83%), Saturated Fat: 0.96g (5.98%), Carbohydrates: 9.33g (3.11%), Net Carbohydrates: 7.12g (2.59%), Sugar: 2.53g (2.81%), Cholesterol: 72.57mg (24.19%), Sodium: 429.05mg (18.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.41g (52.81%), Vitamin B3: 12.41mg (62.05%), Selenium: 37.65µg (53.78%), Vitamin B6: 0.97mg (48.45%), Vitamin K: 35.1µg (33.43%), Phosphorus: 286.39mg (28.64%), Vitamin B5: 1.83mg (18.31%), Potassium: 583.2mg (16.66%), Manganese: 0.25mg (12.42%), Magnesium: 48.26mg (12.06%), Vitamin B2: 0.19mg (11.17%), Vitamin C: 7.89mg (9.56%), Fiber: 2.22g (8.87%), Folate: 35.16µg (8.79%), Iron: 1.42mg (7.91%), Vitamin B1: 0.12mg (7.67%), Zinc: 1.11mg (7.4%), Copper: 0.14mg (7.03%), Vitamin A: 238.25IU (4.77%), Vitamin E: 0.61mg (4.08%), Vitamin B12: 0.23µg (3.78%), Calcium: 23.62mg (2.36%)