



## Asian Chicken Pitas

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



192 kcal

### Ingredients

- 0.5 cup bean sprouts
- 0.3 cup green onions sliced
- 2 lettuce leaves
- 1 tablespoon soya sauce low-sodium
- 17-inch pita bread round whole wheat cut in half crosswise ()
- 1 tablespoon rice vinegar
- 1 teaspoon sesame oil
- 8 ounce chicken breast halves boneless skinless
- 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, bean sprouts, water chestnuts, and green onions.
- Combine vinegar, soy sauce, and oil; pour over chicken mixture, tossing gently.
- Line each pita half with a lettuce leaf; spoon chicken mixture evenly into pita halves.

## Nutrition Facts

**PROTEIN 56.1%** **FAT 24.13%** **CARBS 19.77%**

## Properties

Glycemic Index:41, Glycemic Load:0.19, Inflammation Score:-9, Nutrition Score:18.128261027129%

## 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: 191.7kcal (9.58%), Fat: 5.07g (7.79%), Saturated Fat: 0.95g (5.96%), Carbohydrates: 9.34g (3.11%), Net Carbohydrates: 7.11g (2.59%), Sugar: 2.75g (3.05%), Cholesterol: 72.57mg (24.19%), Sodium: 435.48mg (18.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.5g (52.99%), Vitamin B3: 12.45mg (62.24%), Selenium: 37.27µg (53.25%), Vitamin B6: 0.99mg (49.4%), Vitamin A: 1941.06IU (38.82%), Vitamin K: 35.05µg (33.38%), Phosphorus: 286.74mg (28.67%), Vitamin B5: 1.82mg (18.16%), Potassium: 620.52mg (17.73%), Vitamin C: 12.03mg (14.58%), Manganese: 0.25mg (12.52%), Vitamin B2: 0.21mg (12.35%), Magnesium: 48.77mg (12.19%), Folate: 43.75µg (10.94%), Vitamin B1: 0.14mg (9%), Fiber: 2.22g (8.89%), Iron: 1.57mg (8.71%), Zinc: 1.1mg (7.33%), Copper: 0.13mg (6.68%), Vitamin E: 0.67mg (4.44%), Vitamin B12: 0.23µg (3.78%), Calcium: 31.34mg (3.13%)