



Chicken & avocado sandwich topper

 Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



218 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

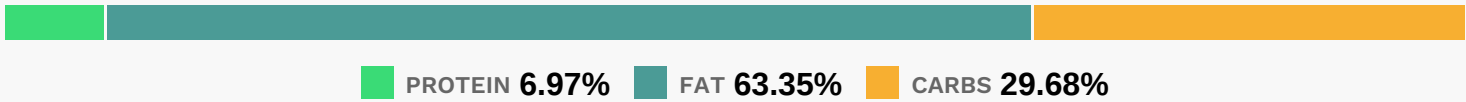
- ☐ 2 tsp mayonnaise low-fat
- ☐ 1 slices roasted chicken cooked
- ☐ 0.5 small avocado diced
- ☐ 1 tablespoon optional: lemon
- ☐ 1 serving onion red chopped
- ☐ 1 serving coriander leaves
- ☐ 1 serving cherry tomatoes halved
- ☐ 1 slice wholewheat pita breads seeded

Equipment

Directions

- ☐
- Top bread or fill pitta with mayonnaise and chicken then add avocado, lemon, red onion, coriander and cherry tomatoes.

Nutrition Facts



Properties

Glycemic Index:189.5, Glycemic Load:1.52, Inflammation Score:-8, Nutrition Score:16.937391438724%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 3.16mg, Eriodictyol: 3.16mg, Eriodictyol: 3.16mg, Eriodictyol: 3.16mg Hesperetin: 4.13mg, Hesperetin: 4.13mg, Hesperetin: 4.13mg, Hesperetin: 4.13mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 218.38kcal (10.92%), Fat: 16.88g (25.98%), Saturated Fat: 2.47g (15.41%), Carbohydrates: 17.8g (5.93%), Net Carbohydrates: 9.47g (3.44%), Sugar: 5.12g (5.69%), Cholesterol: 2.03mg (0.68%), Sodium: 98.03mg (4.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.36%), Vitamin C: 57.37mg (69.54%), Vitamin K: 43.14µg (41.09%), Fiber: 8.33g (33.31%), Folate: 105.81µg (26.45%), Potassium: 882.56mg (25.22%), Vitamin E: 3.12mg (20.78%), Vitamin B6: 0.4mg (19.95%), Vitamin A: 938.23IU (18.76%), Manganese: 0.37mg (18.65%), Copper: 0.33mg (16.47%), Vitamin B5: 1.63mg (16.35%), Vitamin B3: 2.76mg (13.8%), Magnesium: 51.32mg (12.83%), Iron: 2.11mg (11.73%), Vitamin B2: 0.18mg (10.82%), Phosphorus: 105.26mg (10.53%), Vitamin B1: 0.14mg (9.56%), Zinc: 0.94mg (6.25%), Calcium: 46.33mg (4.63%), Selenium: 1.95µg (2.79%)