



Chicken Caesar Pita

READY IN



30 min.

SERVINGS



4

CALORIES



297 kcal

Ingredients

- 0.3 cup miracle whip dressing
- 0.3 cup parmesan cheese grated kraft
- 4 pita breads cut in half
- 3 cups tightly torn romaine lettuce packed
- 0.8 lb chicken breasts boneless skinless cooked cut into thin strips

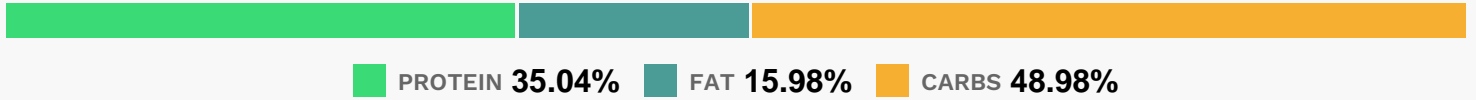
Equipment

Directions

- Toss lettuce with chicken, cheese and dressing.

Serve in pita halves.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:29.06, Inflammation Score:-9, Nutrition Score:17.736521746801%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 296.65kcal (14.83%), Fat: 5.16g (7.94%), Saturated Fat: 1.65g (10.33%), Carbohydrates: 35.6g (11.87%), Net Carbohydrates: 33.32g (12.12%), Sugar: 2.07g (2.29%), Cholesterol: 61.3mg (20.43%), Sodium: 636.6mg (27.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.47g (50.93%), Vitamin A: 3160.85IU (63.22%), Vitamin B3: 10.19mg (50.93%), Selenium: 29.54µg (42.21%), Vitamin K: 36.41µg (34.67%), Vitamin B6: 0.69mg (34.36%), Phosphorus: 283.92mg (28.39%), Manganese: 0.34mg (17.1%), Folate: 65.16µg (16.29%), Vitamin B1: 0.23mg (15.4%), Vitamin B5: 1.5mg (15.05%), Potassium: 488.26mg (13.95%), Calcium: 120.25mg (12.03%), Magnesium: 43.8mg (10.95%), Vitamin B2: 0.18mg (10.86%), Fiber: 2.28g (9.1%), Zinc: 1.32mg (8.77%), Iron: 1.49mg (8.27%), Copper: 0.14mg (6.82%), Vitamin B12: 0.25µg (4.24%), Vitamin C: 2.43mg (2.95%), Vitamin E: 0.24mg (1.6%)