



Chicken-Caesar Pita Sandwich

READY IN



20 min.

SERVINGS



2

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 sizzling salads chicken caesar dinner kit kraft
- 1 tsp oil
- 1 Tbsp parmesan cheese shredded kraft
- 1 pita bread cut in half
- 2 Tbsp oscar mayer real bacon recipe pieces
- 4 cups torn romaine lettuce
- 0.5 lb chicken breasts boneless skinless cut into strips

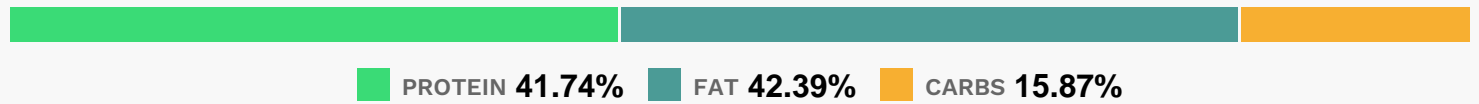
Equipment

- bowl
- frying pan

Directions

- Cook and stir chicken in hot oil in skillet on medium-high heat 6 to 7 min. or until done.
- Add 3 Tbsp. KRAFT SIZZLING SALADS Cracked Black Pepper Cooking Sauce; cook and stir on low heat 30 sec. to 1 min. or until chicken is evenly coated.
- Combine lettuce, bacon and Parmesan in large bowl.
- Add 1/4 cup KRAFT SIZZLING SALADS Classic Caesar Dressing; toss to coat. Spoon into pita halves.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:14.55, Inflammation Score:-10, Nutrition Score:31.165652140327%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 481.66kcal (24.08%), Fat: 22.29g (34.29%), Saturated Fat: 6.41g (40.04%), Carbohydrates: 18.77g (6.26%), Net Carbohydrates: 16.18g (5.88%), Sugar: 1.14g (1.27%), Cholesterol: 155.69mg (51.9%), Sodium: 605.85mg (26.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.39g (98.77%), Vitamin A: 8374.25IU (167.49%), Vitamin B3: 19.2mg (96.02%), Vitamin K: 99.65µg (94.91%), Selenium: 50.94µg (72.77%), Vitamin B6: 1.26mg (63.2%), Phosphorus: 450.82mg (45.08%), Folate: 144.98µg (36.25%), Vitamin B5: 2.74mg (27.38%), Potassium: 867.62mg (24.79%), Vitamin B2: 0.33mg (19.18%), Vitamin B1: 0.27mg (18.21%), Magnesium: 70.07mg (17.52%), Zinc: 2.43mg (16.17%), Manganese: 0.32mg (15.8%), Iron: 2.6mg (14.45%), Fiber: 2.59g (10.36%), Calcium: 100.84mg (10.08%), Vitamin B12: 0.55µg (9.2%), Copper: 0.17mg (8.46%), Vitamin C: 6.64mg (8.05%), Vitamin E: 1.02mg (6.82%), Vitamin D: 0.32µg (2.11%)