



Chicken Curry Pitas

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



187 kcal

Ingredients

- 0.3 cup celery chopped
- 1 teaspoon curry powder
- 1 tablespoon green onions chopped
- 2 teaspoons juice of lemon fresh
- 8 leaf lettuce leaves red
- 0.3 cup mayonnaise low-fat
- 2 tablespoons mango chutney hot
- 4 6-inch pitas cut in half ()
- 2 tablespoons raisins

12 ounces roasted boneless skinless chopped

Equipment

bowl

Directions

Combine the first 8 ingredients in a medium bowl. Line each pita half with a lettuce leaf. Spoon 1/2 cup chicken mixture into each pita half.

Nutrition Facts



Properties

Glycemic Index:69.95, Glycemic Load:7.47, Inflammation Score:-3, Nutrition Score:10.400000046129%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 187.12kcal (9.36%), Fat: 5.47g (8.41%), Saturated Fat: 1g (6.24%), Carbohydrates: 15.49g (5.16%), Net Carbohydrates: 14.49g (5.27%), Sugar: 5.58g (6.2%), Cholesterol: 56.67mg (18.89%), Sodium: 232.85mg (10.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.61g (37.22%), Vitamin B3: 9.04mg (45.21%), Selenium: 27.99µg (39.98%), Vitamin B6: 0.67mg (33.49%), Phosphorus: 194.28mg (19.43%), Vitamin K: 16.56µg (15.77%), Vitamin B5: 1.26mg (12.57%), Potassium: 429.85mg (12.28%), Magnesium: 28.19mg (7.05%), Vitamin B2: 0.12mg (6.86%), Vitamin B1: 0.07mg (4.93%), Vitamin A: 242.98IU (4.86%), Vitamin C: 3.95mg (4.78%), Iron: 0.8mg (4.47%), Vitamin E: 0.63mg (4.19%), Fiber: 1.01g (4.03%), Manganese: 0.08mg (3.97%), Zinc: 0.57mg (3.82%), Copper: 0.07mg (3.46%), Folate: 11.51µg (2.88%), Vitamin B12: 0.17µg (2.83%), Calcium: 17.7mg (1.77%)