



Chicken Pita Sandwich



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup baby spinach
- ☐ 0.5 cup bell pepper red sliced
- ☐ 4 ounces chicken breast boneless skinless cooked sliced into 1/2-inch strips
- ☐ 2 tablespoons balsamic vinaigrette salad dressing italian low-fat
- ☐ 1 6-inch whole-grain pita cut in half ()

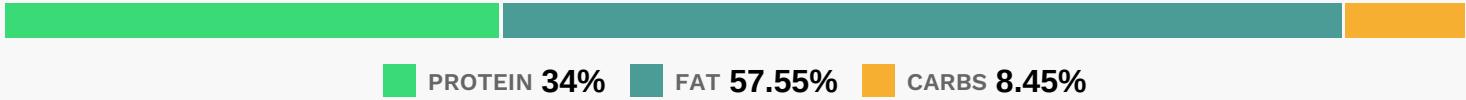
Equipment

- ☐ bowl

Directions

- ☐ Combine spinach, chicken, bell pepper, and vinaigrette in a bowl; toss gently.
- ☐ Serve in pita halves.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:1.07, Inflammation Score:-10, Nutrition Score:29.637825945149%

Flavonoids

Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 299.22kcal (14.96%), Fat: 19.31g (29.71%), Saturated Fat: 3.62g (22.61%), Carbohydrates: 6.38g (2.13%), Net Carbohydrates: 4.16g (1.51%), Sugar: 4.05g (4.51%), Cholesterol: 72.57mg (24.19%), Sodium: 158.54mg (6.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.67g (51.34%), Vitamin K: 180.39µg (171.8%), Vitamin C: 105.15mg (127.46%), Vitamin A: 5179.71IU (103.59%), Vitamin B3: 12.77mg (63.87%), Vitamin B6: 1.12mg (56.23%), Selenium: 37.17µg (53.11%), Phosphorus: 272.21mg (27.22%), Folate: 97.01µg (24.25%), Vitamin E: 3.48mg (23.18%), Potassium: 746.73mg (21.34%), Vitamin B5: 1.87mg (18.72%), Manganese: 0.37mg (18.48%), Magnesium: 62.12mg (15.53%), Vitamin B2: 0.23mg (13.73%), Vitamin B1: 0.14mg (9.08%), Fiber: 2.22g (8.9%), Iron: 1.55mg (8.63%), Zinc: 1mg (6.69%), Copper: 0.08mg (4.11%), Calcium: 40.58mg (4.06%), Vitamin B12: 0.23µg (3.78%)