



Chicken Salad in Pitas

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 6-inch wholewheat pita breads (es in diameter)
- ☐ 2 cups chicken breast strips/pre-cooked/chopped cooked chopped
- ☐ 1 cup peas green frozen thawed drained
- ☐ 0.5 cup salad dressing
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup celery chopped
- ☐ 0.3 cup spring onion sliced

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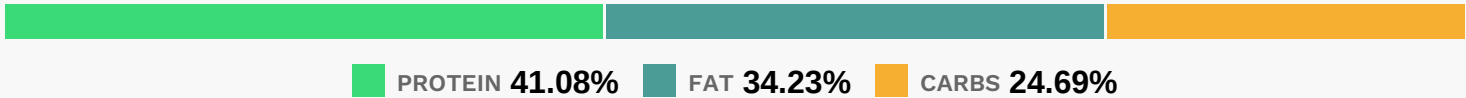
0.8 cup mangos diced pitted peeled

Equipment

Directions

- ☐ Cut pita breads in half; open to form pockets.
- ☐ Mix remaining ingredients.
- ☐ Divide chicken mixture among pita bread halves.

Nutrition Facts



Properties

Glycemic Index:72.27, Glycemic Load:3.97, Inflammation Score:-7, Nutrition Score:15.125652301571%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 239.38kcal (11.97%), Fat: 9g (13.85%), Saturated Fat: 1.64g (10.24%), Carbohydrates: 14.61g (4.87%), Net Carbohydrates: 11.64g (4.23%), Sugar: 9.78g (10.87%), Cholesterol: 59.5mg (19.83%), Sodium: 504.76mg (21.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.31g (48.63%), Vitamin B3: 10.69mg (53.43%), Vitamin K: 43.79µg (41.71%), Vitamin C: 27.45mg (33.27%), Selenium: 20.84µg (29.77%), Vitamin B6: 0.55mg (27.53%), Phosphorus: 213.51mg (21.35%), Vitamin A: 757.01IU (15.14%), Folate: 48.35µg (12.09%), Fiber: 2.97g (11.87%), Manganese: 0.23mg (11.54%), Potassium: 396.67mg (11.33%), Vitamin B1: 0.17mg (11.17%), Magnesium: 39.81mg (9.95%), Vitamin B2: 0.15mg (8.96%), Iron: 1.52mg (8.47%), Zinc: 1.24mg (8.3%), Vitamin E: 1.23mg (8.18%), Vitamin B5: 0.81mg (8.14%), Copper: 0.15mg (7.51%), Vitamin B12: 0.24µg (3.97%), Calcium: 37.41mg (3.74%)