



Chicken Salad Pita Sandwiches

READY IN



45 min.

SERVINGS



2

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup chicken breast strips/pre-cooked/chopped cooked chopped
- 0.3 cup honey dijon mustard fat-free
- 0.3 cup cucumber chopped
- 0.3 cup tomatoes chopped
- 1 tablespoon cashew pieces finely chopped
- 2 6-inch day old pita bread whole wheat cut in half to form pockets ()
- 2 tablespoons mayonnaise fat-free

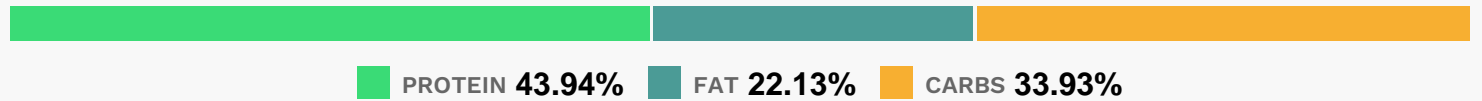
Equipment

bowl

Directions

- In small bowl, mix chicken, dressing, cucumber, tomato and cashews. Cover and refrigerate at least 30 minutes until chilled.
- Just before serving, spread insides of pita pockets with mayonnaise. Fill pockets with chicken mixture.

Nutrition Facts



Properties

Glycemic Index:39.1, Glycemic Load:0.57, Inflammation Score:-3, Nutrition Score:9.4952173220075%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 225.13kcal (11.26%), Fat: 5.15g (7.92%), Saturated Fat: 1.19g (7.44%), Carbohydrates: 17.77g (5.92%), Net Carbohydrates: 16.94g (6.16%), Sugar: 8.71g (9.68%), Cholesterol: 60.76mg (20.25%), Sodium: 323.82mg (14.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.01g (46.03%), Vitamin B3: 9.8mg (48.98%), Selenium: 20.81µg (29.73%), Vitamin B6: 0.47mg (23.34%), Phosphorus: 199.71mg (19.97%), Magnesium: 39.91mg (9.98%), Copper: 0.17mg (8.63%), Potassium: 287.51mg (8.21%), Vitamin B5: 0.78mg (7.83%), Vitamin K: 8.06µg (7.67%), Manganese: 0.15mg (7.42%), Zinc: 1.07mg (7.14%), Iron: 1.2mg (6.65%), Vitamin B1: 0.09mg (5.71%), Vitamin B2: 0.09mg (5.48%), Vitamin B12: 0.24µg (3.97%), Vitamin C: 3.11mg (3.77%), Vitamin A: 181.82IU (3.64%), Fiber: 0.83g (3.33%), Folate: 9.52µg (2.38%), Vitamin E: 0.35mg (2.34%), Calcium: 17.53mg (1.75%)