



HEALTH SCORE

100%

Chicken Salad Pitas



Dairy Free



Very Healthy

READY IN



270 min.

SERVINGS



1

CALORIES



5301 kcal

Ingredients

- ☐ 0.5 cup celery finely chopped
- ☐ 2 cups roasted chicken cooked finely chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 cup spring onion minced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.3 cup bell pepper red
- ☐ 1 teaspoon lime zest
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 cup pecans toasted finely chopped

- ☐ 24 wholewheat pita breads mini halved
- ☐ 1 serving pepper black freshly ground to taste
- ☐ 1 bunch watercress fresh

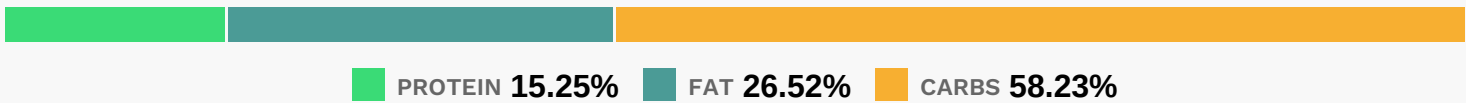
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together first 6 ingredients in a large bowl; stir in chicken and next 2 ingredients until blended. Season with salt and pepper to taste. Cover and chill 4 hours. Fill pitas with watercress and chicken salad.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:413, Glycemic Load:699.4, Inflammation Score:-10, Nutrition Score:82.319130202998%

Flavonoids

Cyanidin: 5.32mg, Cyanidin: 5.32mg, Cyanidin: 5.32mg, Cyanidin: 5.32mg Delphinidin: 3.6mg, Delphinidin: 3.6mg, Delphinidin: 3.6mg, Delphinidin: 3.6mg Catechin: 3.58mg, Catechin: 3.58mg, Catechin: 3.58mg, Catechin: 3.58mg Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Epigallocatechin 3–gallate: 1.14mg, Epigallocatechin 3–gallate: 1.14mg, Epigallocatechin 3–gallate: 1.14mg, Epigallocatechin 3–gallate: 1.14mg Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Kaempferol: 6.22mg, Kaempferol: 6.22mg, Kaempferol: 6.22mg, Kaempferol: 6.22mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 10.91mg, Quercetin: 10.91mg, Quercetin: 10.91mg, Quercetin: 10.91mg

Nutrients (% of daily need)

Calories: 5300.6kcal (265.03%), Fat: 154.51g (237.71%), Saturated Fat: 23.55g (147.16%), Carbohydrates: 763.37g (254.46%), Net Carbohydrates: 726.18g (264.07%), Sugar: 6.09g (6.77%), Cholesterol: 257.04mg (85.68%),

Sodium: 8182.25mg (355.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 199.92g (399.84%), Manganese: 8.98mg (449.13%), Vitamin K: 318.83µg (303.65%), Vitamin B1: 4.18mg (278.44%), Vitamin B3: 52.32mg (261.61%), Phosphorus: 2053.57mg (205.36%), Copper: 3.11mg (155.26%), Fiber: 37.19g (148.74%), Iron: 24.5mg (136.12%), Calcium: 1307.11mg (130.71%), Magnesium: 492.28mg (123.07%), Zinc: 18.29mg (121.94%), Vitamin B2: 1.93mg (113.43%), Selenium: 74.03µg (105.75%), Folate: 413.53µg (103.38%), Vitamin C: 82.31mg (99.77%), Vitamin B6: 1.96mg (98.09%), Vitamin B5: 9.07mg (90.65%), Potassium: 2884.55mg (82.42%), Vitamin A: 3307.71IU (66.15%), Vitamin E: 5.85mg (39%), Vitamin B12: 0.95µg (15.77%), Vitamin D: 0.22µg (1.49%)