



Chicken-Spinach Pita Pockets

READY IN



45 min.

SERVINGS



4

CALORIES



328 kcal

Ingredients

- ☐ 12 ounce skinned and boned chicken breast halves
- ☐ 0.5 small cucumber cubed
- ☐ 1 tablespoon dijon mustard
- ☐ 2 green onions chopped
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 2 tablespoons mayonnaise
- ☐ 4 pita pockets cut into halves
- ☐ 0.5 cup yogurt plain
- ☐ 2 cups pkt spinach fresh shredded

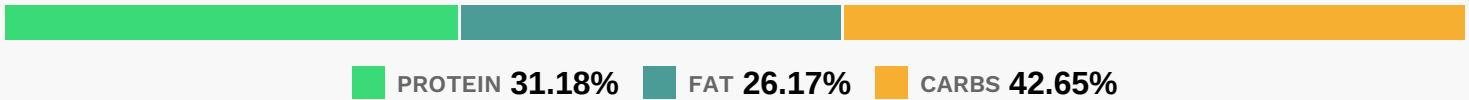
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Cook chicken in an ovenproof nonstick skillet over medium-high heat until brown.
- ☐ Bake at 350 for 10 to 12 minutes or until done. Cool slightly, and thinly slice.
- ☐ Whisk together yogurt and next 4 ingredients in a large bowl; add chicken, cucumber, green onions, and spinach, tossing to coat.
- ☐ Bake pita halves at 200 for 3 to 4 minutes. (Do not toast.)
- ☐ Spoon filling evenly into pita halves.

Nutrition Facts



Properties

Glycemic Index:78.5, Glycemic Load:29.58, Inflammation Score:-8, Nutrition Score:20.106521684191%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 327.93kcal (16.4%), Fat: 9.37g (14.42%), Saturated Fat: 2.06g (12.9%), Carbohydrates: 34.36g (11.45%), Net Carbohydrates: 32.31g (11.75%), Sugar: 2g (2.23%), Cholesterol: 61.35mg (20.45%), Sodium: 512.04mg (22.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.13g (50.25%), Vitamin K: 98.05µg (93.38%), Vitamin B3: 10.27mg (51.36%), Selenium: 29.54µg (42.2%), Vitamin B6: 0.71mg (35.7%), Vitamin A: 1571.23IU (31.42%), Phosphorus: 282.06mg (28.21%), Manganese: 0.46mg (23.17%), Vitamin B5: 1.64mg (16.38%), Potassium: 566.99mg (16.2%), Vitamin B1: 0.24mg (16.18%), Magnesium: 58.19mg (14.55%), Folate: 55.38µg (13.85%), Vitamin B2: 0.23mg (13.28%), Calcium: 115.58mg (11.56%), Iron: 1.81mg (10.08%), Zinc: 1.32mg (8.82%), Vitamin C: 7.22mg (8.75%), Fiber:

2.05g (8.19%), Copper: 0.16mg (8.19%), Vitamin E: 0.79mg (5.26%), Vitamin B12: 0.29µg (4.86%)