



Chicken Tahini Salad with Pine Nuts on Mini Pita Rounds

 Dairy Free

READY IN



45 min.

SERVINGS



40

CALORIES



201 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups chicken thighs shredded cooked (from two 2-pound roast chickens)
- 1 cup cilantro leaves fresh chopped
- 2 large garlic clove
- 0.7 cup juice of lemon fresh
- 2 teaspoons lemon zest packed grated ()
- 40 servings olive oil
- 0.5 cup pinenuts lightly toasted

- 20 3-inch wholewheat pita breads mini
- 1 cup tahini (sesame seed paste)
- 0.5 cup water

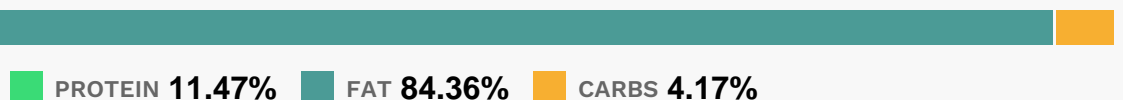
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 350°F.
- Brush cut side of pita bread rounds lightly with olive oil. Arrange rounds on heavy large baking sheet.
- Bake until crisp and golden, about 6 minutes. Cool pita rounds.
- Mince garlic in processor.
- Add tahini, 1/2 cup lemon juice, and lemon peel. Blend well. With machine running, gradually add 1/2 cup water, blending until mixture is smooth and thick.
- Mix in 1/2 cup chopped cilantro. Season sauce to taste with salt and pepper.
- Place chicken in large bowl.
- Mix in 1 1/2 cups sauce, 1/4 cup cilantro, and remaining lemon juice (reserve remaining sauce for another use). Season chicken salad to taste with salt and pepper. (Can be made 1 day ahead. Store pita rounds airtight at room temperature. Cover chicken salad and refrigerate.)
- Spoon generous 1 tablespoon chicken salad atop each pita round. Arrange on platter. (Can be made 2 hours ahead. Cover and refrigerate.)
- Sprinkle with pine nuts and remaining 1/4 cup cilantro and serve.
- *Available at Middle Eastern and natural foods stores and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:3.97, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:5.0886956660644%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 201.42kcal (10.07%), Fat: 19.33g (29.73%), Saturated Fat: 2.71g (16.92%), Carbohydrates: 2.15g (0.72%), Net Carbohydrates: 1.76g (0.64%), Sugar: 0.17g (0.19%), Cholesterol: 22.48mg (7.49%), Sodium: 26.55mg (1.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.91g (11.82%), Vitamin E: 2.23mg (14.88%), Vitamin K: 11.27µg (10.73%), Selenium: 7.45µg (10.65%), Phosphorus: 102.59mg (10.26%), Vitamin B3: 1.75mg (8.77%), Vitamin B1: 0.13mg (8.38%), Manganese: 0.16mg (7.97%), Copper: 0.14mg (6.78%), Vitamin B6: 0.12mg (6.03%), Zinc: 0.76mg (5.04%), Magnesium: 15.94mg (3.98%), Iron: 0.65mg (3.59%), Vitamin B2: 0.05mg (3.23%), Vitamin B5: 0.3mg (3%), Potassium: 103.35mg (2.95%), Vitamin C: 2.12mg (2.57%), Vitamin B12: 0.15µg (2.52%), Folate: 8.6µg (2.15%), Fiber: 0.39g (1.57%), Calcium: 12.44mg (1.24%)