



Citrus-Chicken Salad Pita Pockets

 Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



412 kcal

Ingredients

- 11 oz mandarin orange segments drained canned
- 2 cups chicken strips cooked
- 2 Tbsp parsley fresh chopped
- 8 lettuce leaves
- 0.3 cup mayo with olive oil reduced fat mayonnaise kraft
- 4 pita breads cut in half
- 0.3 cup planters slivered almonds toasted

Equipment

- bowl

Directions

- Combine chicken, oranges and nuts in large bowl.
- Add mayo and parsley; mix lightly.
- Refrigerate 1 hour.
- Fill pita halves with lettuce and chicken mixture just before serving.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:29.16, Inflammation Score:-10, Nutrition Score:27.745652263579%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 411.79kcal (20.59%), Fat: 11.38g (17.51%), Saturated Fat: 1.59g (9.96%), Carbohydrates: 43.32g (14.44%), Net Carbohydrates: 39.49g (14.36%), Sugar: 7.82g (8.69%), Cholesterol: 77.95mg (25.98%), Sodium: 571.65mg (24.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.29g (66.58%), Vitamin A: 4782.2IU (95.64%), Vitamin B3: 14.43mg (72.14%), Selenium: 39.19µg (55.98%), Vitamin B6: 1mg (50.05%), Vitamin C: 39.02mg (47.29%), Phosphorus: 371.73mg (37.17%), Vitamin K: 38.91µg (37.06%), Manganese: 0.64mg (32.04%), Vitamin B1: 0.36mg (24.2%), Potassium: 784.87mg (22.42%), Magnesium: 85.66mg (21.42%), Vitamin E: 3.11mg (20.74%), Vitamin B2: 0.35mg (20.54%), Vitamin B5: 1.97mg (19.66%), Fiber: 3.84g (15.34%), Zinc: 1.98mg (13.18%), Iron: 2.34mg (12.97%), Copper: 0.26mg (12.81%), Folate: 47.72µg (11.93%), Calcium: 108.38mg (10.84%), Vitamin B12: 0.24µg (3.94%)