



Creamy Caesar Chicken Pitas

READY IN



19 min.

SERVINGS



6

CALORIES



317 kcal

Ingredients

- 0.8 cup creamy caesar dressing good low-fat (such as Kraft's Just 2)
- 0.5 cup milk fat-free
- 3 cups iceberg lettuce shredded
- 0.5 cup italian-seasoned breadcrumbs
- 3 6-inch pita bread rounds cut in half ()
- 1 pound chicken breast halves boneless skinless cut into thin strips
- 1.5 inch tomatoes halved
- 1 tablespoon vegetable oil

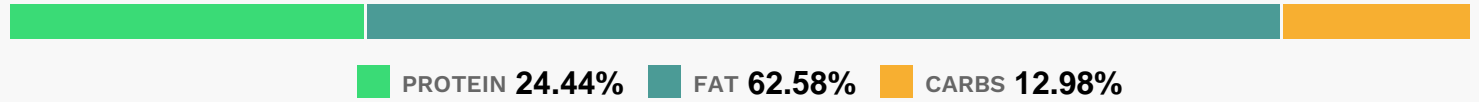
Equipment

- frying pan
- ziploc bags

Directions

- Place breadcrumbs in a large heavy-duty zip-top plastic bag. Dip chicken in milk; add chicken to bag. Seal and shake to coat.
- Heat oil in a large nonstick skillet over medium heat.
- Add chicken; saut 7 minutes or until done.
- Fill each pita half evenly with lettuce, tomato, and chicken.
- Drizzle each half with 2 tablespoons dressing.

Nutrition Facts



Properties

Glycemic Index:33.38, Glycemic Load:0.8, Inflammation Score:-4, Nutrition Score:13.152173892311%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 317.2kcal (15.86%), Fat: 21.83g (33.58%), Saturated Fat: 3.51g (21.96%), Carbohydrates: 10.19g (3.4%), Net Carbohydrates: 9.1g (3.31%), Sugar: 3.16g (3.51%), Cholesterol: 60.55mg (20.18%), Sodium: 591.41mg (25.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.18g (38.35%), Vitamin K: 48.49µg (46.18%), Vitamin B3: 8.6mg (42.98%), Selenium: 27.58µg (39.39%), Vitamin B6: 0.62mg (30.92%), Phosphorus: 211.72mg (21.17%), Vitamin B5: 1.27mg (12.72%), Vitamin E: 1.82mg (12.1%), Vitamin B1: 0.18mg (11.68%), Potassium: 398.29mg (11.38%), Vitamin B2: 0.16mg (9.2%), Manganese: 0.17mg (8.48%), Magnesium: 30.01mg (7.5%), Calcium: 70mg (7%), Iron: 1.25mg (6.92%), Folate: 26.58µg (6.64%), Vitamin A: 279.63IU (5.59%), Vitamin B12: 0.31µg (5.22%), Zinc: 0.76mg (5.1%), Fiber: 1.09g (4.35%), Copper: 0.06mg (2.92%), Vitamin C: 2.36mg (2.86%), Vitamin D: 0.33µg (2.2%)