



Creamy Chicken Mini Pitas

 Dairy Free

READY IN



75 min.

SERVINGS



30

CALORIES



178 kcal

Ingredients

- ☐ 0.5 cup celery finely chopped
- ☐ 0.7 cup mayonnaise
- ☐ 15 pita breads mini
- ☐ 1 roasted chicken store bought
- ☐ 30 servings salt and pepper black freshly ground
- ☐ 2 scallions finely chopped
- ☐ 1 tablespoon tarragon leaves finely chopped
- ☐ 0.5 cup walnuts finely chopped

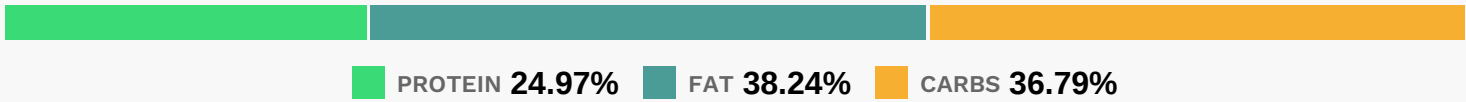
Equipment

☐ bowl

Directions

- ☐ Remove the skin from the chicken and pull the meat from the bones. Discard the skin and bones.
- ☐ Chop the chicken and put it into a medium bowl.
- ☐ Add the celery, scallions, walnuts, tarragon, and mayonnaise; mix thoroughly. If the mixture is not creamy enough, add more mayonnaise. Season with salt and pepper, to taste. Cover and refrigerate for 1 hour to let the flavors meld.
- ☐ Slice the mini pitas in half, open the pockets, and stuff with a heaping tablespoon of chicken mixture.

Nutrition Facts



Properties

Glycemic Index:11.1, Glycemic Load:14.67, Inflammation Score:-1, Nutrition Score:5.2908695667334%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 178.47kcal (8.92%), Fat: 7.48g (11.5%), Saturated Fat: 1.33g (8.34%), Carbohydrates: 16.18g (5.39%), Net Carbohydrates: 15.34g (5.58%), Sugar: 0.12g (0.13%), Cholesterol: 26.09mg (8.7%), Sodium: 207.37mg (9.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.99g (21.97%), Vitamin B3: 3.18mg (15.88%), Manganese: 0.24mg (12.07%), Selenium: 8.11µg (11.58%), Vitamin K: 10.48µg (9.98%), Phosphorus: 97.98mg (9.8%), Vitamin B6: 0.16mg (7.96%), Vitamin B1: 0.1mg (6.88%), Zinc: 0.8mg (5.37%), Iron: 0.95mg (5.26%), Copper: 0.1mg (5.07%), Vitamin B2: 0.08mg (4.88%), Magnesium: 18.46mg (4.61%), Vitamin B5: 0.45mg (4.48%), Potassium: 131.44mg (3.76%), Calcium: 34.58mg (3.46%), Fiber: 0.84g (3.35%), Folate: 12.25µg (3.06%), Vitamin B12: 0.1µg (1.65%), Vitamin E: 0.19mg (1.25%)