



## Creamy Dill Chicken Salad Pitas

READY IN



20 min.

SERVINGS



6

CALORIES



233 kcal

### Ingredients

- 2 rib celery chopped
- 3 cups meat from a rotisserie chicken cooked chopped ( 6 breast halves)
- 0.3 cup dill pickle relish
- 1 teaspoon dill weed dried
- 3 green onions chopped
- 6 servings lettuce leaves
- 0.5 teaspoon pepper
- 3 pita bread rounds
- 1 cup nonfat yogurt plain
- 0.5 teaspoon salt

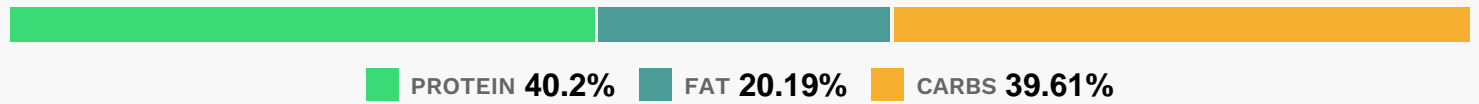
1 slices tomatoes

## Equipment

## Directions

- Stir together first 8 ingredients and, if desired, poppy seeds. Cover and chill 2 hours.
- Heat pitas according to package directions.
- Cut pitas in half, and line with lettuce leaves and tomato slices. Spoon 1/2 cup chicken mixture into each pita half.

## Nutrition Facts



## Properties

Glycemic Index:38.5, Glycemic Load:14.69, Inflammation Score:-8, Nutrition Score:12.737826093383%

## Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

## Nutrients (% of daily need)

Calories: 233.24kcal (11.66%), Fat: 5.13g (7.89%), Saturated Fat: 1.37g (8.57%), Carbohydrates: 22.65g (7.55%), Net Carbohydrates: 21.36g (7.77%), Sugar: 3.64g (4.04%), Cholesterol: 53.32mg (17.77%), Sodium: 547.28mg (23.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.99g (45.98%), Vitamin A: 1934.96IU (38.7%), Vitamin B3: 6.38mg (31.9%), Selenium: 18.88µg (26.97%), Phosphorus: 241.24mg (24.12%), Vitamin B6: 0.35mg (17.73%), Vitamin B2: 0.26mg (15.31%), Manganese: 0.27mg (13.28%), Calcium: 131.62mg (13.16%), Vitamin K: 13.23µg (12.6%), Zinc: 1.8mg (12.03%), Vitamin B1: 0.17mg (11.45%), Potassium: 388.38mg (11.1%), Vitamin B5: 1.07mg (10.66%), Iron: 1.82mg (10.11%), Magnesium: 37.56mg (9.39%), Vitamin C: 6.63mg (8.03%), Vitamin B12: 0.45µg (7.53%), Folate: 29µg (7.25%), Copper: 0.11mg (5.62%), Fiber: 1.29g (5.15%)