



WHATShEATE



Curried Chicken Pitas

READY IN



45 min.

SERVINGS



8

CALORIES



126 kcal

Ingredients

- ☐ 8 curly kale leaves
- ☐ 1 teaspoon curry powder
- ☐ 1 cup peas green shelled
- ☐ 2 teaspoons juice of lemon
- ☐ 0.5 cup yogurt plain low-fat
- ☐ 0.5 cup cream sour low-fat
- ☐ 4 6-inch wholewheat pita breads cut in half ()
- ☐ 1 cup grapes red seedless halved
- ☐ 1 pound chicken breast

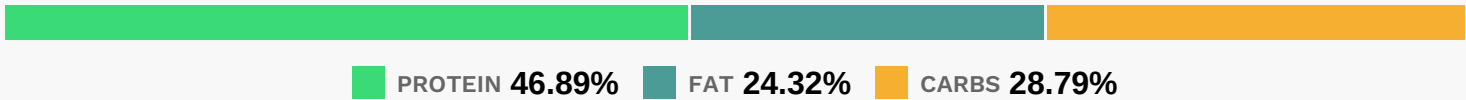
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring 4 cups water to a boil in a large saucepan; add chicken. Reduce heat, and simmer, uncovered, 13 minutes.
- ☐ Add peas; cover and simmer an additional 7 minutes or until the peas are crisp-tender.
- ☐ Drain and coarsely chop chicken.
- ☐ Combine chicken, peas, and grapes in a bowl.
- ☐ Combine yogurt, sour cream, curry powder, and lemon juice; stir well.
- ☐ Pour over chicken mixture; toss gently. Cover and chill, if desired.
- ☐ Spoon 1/2 cup chicken salad into each lettuce-lined pita half.

Nutrition Facts



Properties

Glycemic Index:24.04, Glycemic Load:2.46, Inflammation Score:-7, Nutrition Score:11.237391318964%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 126.18kcal (6.31%), Fat: 3.4g (5.23%), Saturated Fat: 1.46g (9.1%), Carbohydrates: 9.05g (3.02%), Net Carbohydrates: 7.56g (2.75%), Sugar: 5.21g (5.79%), Cholesterol: 42.24mg (14.08%), Sodium: 96.59mg (4.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.74g (29.48%), Vitamin B3: 6.43mg (32.15%), Selenium: 19.57µg (27.96%), Vitamin A: 1299.35IU (25.99%), Vitamin B6: 0.5mg (24.93%), Vitamin K: 25.99µg (24.75%), Phosphorus: 180.34mg (18.03%), Vitamin C: 10.63mg (12.89%), Potassium: 390.24mg (11.15%), Vitamin B5: 0.95mg

(9.5%), Vitamin B2: 0.16mg (9.23%), Vitamin B1: 0.12mg (8.16%), Manganese: 0.15mg (7.32%), Magnesium: 28.81mg (7.2%), Calcium: 64.46mg (6.45%), Folate: 23.96µg (5.99%), Fiber: 1.49g (5.96%), Zinc: 0.82mg (5.44%), Vitamin B12: 0.26µg (4.33%), Iron: 0.77mg (4.3%), Copper: 0.08mg (4.14%), Vitamin E: 0.3mg (2.02%)