



Fruited Chicken Salad Pitas

READY IN



45 min.

SERVINGS



6

CALORIES



165 kcal

Ingredients

- 11 ounce mandarin orange segments drained canned
- 2.5 cups chicken breast cooked chopped
- 0.3 cup mayonnaise fat-free
- 6 small lettuce leaves green
- 1.5 tablespoons pecans toasted chopped
- 3 6-inch pita bread rounds whole wheat cut in half crosswise ()
- 1 cup grapes red seedless halved
- 0.1 teaspoon salt

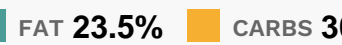
Equipment

bowl

Directions

- Combine first 5 ingredients in a medium bowl, stirring well. Gently stir in oranges.
- Place 1 lettuce leaf in each pita pocket half. Spoon 3/4 cup chicken salad into each pita half.
- Note: Using fat-free mayonnaise instead of regular can help you keep your intake of fat grams down to a healthy level. But remember that even though the mayonnaise is fat-free, it still contains sodium and may need to be limited if you're on a low-sodium diet.

Nutrition Facts

 **PROTEIN 46.34%**  **FAT 23.5%**  **CARBS 30.16%**

Properties

Glycemic Index:9.33, Glycemic Load:2, Inflammation Score:-8, Nutrition Score:11.752608760543%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg 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: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 164.91kcal (8.25%), Fat: 4.32g (6.65%), Saturated Fat: 0.84g (5.25%), Carbohydrates: 12.48g (4.16%), Net Carbohydrates: 10.93g (3.97%), Sugar: 9.74g (10.82%), Cholesterol: 50.74mg (16.91%), Sodium: 202.01mg (8.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.17g (38.33%), Vitamin B3: 8.38mg (41.88%), Vitamin A: 1785.89IU (35.72%), Vitamin K: 25.38µg (24.17%), Vitamin C: 19.79mg (23.98%), Selenium: 16.77µg (23.96%), Vitamin B6: 0.41mg (20.68%), Phosphorus: 156.42mg (15.64%), Manganese: 0.19mg (9.41%), Potassium: 313.61mg (8.96%), Vitamin B1: 0.13mg (8.82%), Magnesium: 29.91mg (7.48%), Vitamin B2: 0.12mg (6.9%), Zinc: 1.03mg (6.87%), Vitamin B5: 0.62mg (6.21%), Fiber: 1.55g (6.21%), Copper: 0.12mg (6.01%), Iron: 1.06mg (5.87%), Vitamin B12: 0.2µg (3.31%), Folate: 11.67µg (2.92%), Calcium: 25.35mg (2.53%), Vitamin E: 0.36mg (2.39%)