



Greek Chicken Pitas

READY IN



12 min.

SERVINGS



4

CALORIES



236 kcal

Ingredients

- 1 pound chicken breast tenders
- 1 small cucumber cut into strips
- 2 ounces basil- and tomato-flavored feta cheese crumbled
- 0.5 cup water
- 4 8-inch pita bread rounds ()
- 2 plum tomatoes sliced
- 1 cup torn romaine lettuce
- 1 teaspoon greek seasoning

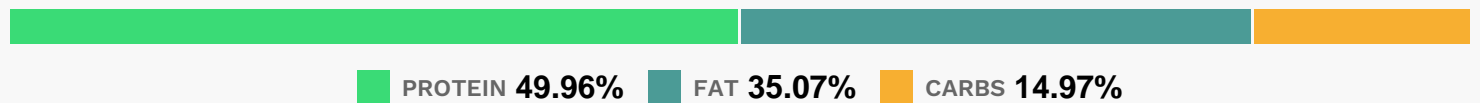
Equipment

frying pan

Directions

- Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- Sprinkle chicken with Greek seasoning; add to skillet. Cook chicken 6 to 8 minutes or until lightly browned, stirring occasionally.
- While chicken cooks, spread hummus evenly over pita rounds. Arrange chicken, lettuce, and remaining ingredients evenly on one half of each pita round. Fold pitas over filling; secure with wooden picks.

Nutrition Facts



Properties

Glycemic Index:51.38, Glycemic Load:1.69, Inflammation Score:-8, Nutrition Score:20.183043516201%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 236.21kcal (11.81%), Fat: 9.16g (14.1%), Saturated Fat: 3.01g (18.81%), Carbohydrates: 8.8g (2.93%), Net Carbohydrates: 5.51g (2%), Sugar: 1.55g (1.72%), Cholesterol: 85.19mg (28.4%), Sodium: 418.62mg (18.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.37g (58.74%), Vitamin B3: 12.46mg (62.3%), Selenium: 39.36µg (56.22%), Vitamin B6: 1.04mg (51.89%), Phosphorus: 362.08mg (36.21%), Vitamin A: 1434.12IU (28.68%), Vitamin K: 25.48µg (24.27%), Manganese: 0.41mg (20.37%), Vitamin B5: 1.95mg (19.48%), Potassium: 671.41mg (19.18%), Magnesium: 67.39mg (16.85%), Vitamin B2: 0.28mg (16.7%), Folate: 63.91µg (15.98%), Fiber: 3.29g (13.14%), Copper: 0.26mg (12.93%), Vitamin B1: 0.19mg (12.45%), Zinc: 1.82mg (12.11%), Calcium: 120.28mg (12.03%), Iron: 2.01mg (11.19%), Vitamin C: 7.37mg (8.93%), Vitamin B12: 0.47µg (7.77%), Vitamin E: 0.66mg (4.4%), Vitamin D: 0.17µg (1.13%)