



Greek Chicken Salad Pita

READY IN



14 min.

SERVINGS



4

CALORIES



259 kcal

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 12 ounces chicken breast tenders boneless skinless
- 0.7 cup cucumber thinly sliced
- 3 tablespoons feta cheese crumbled
- 1 tablespoon mint leaves fresh chopped
- 2 tablespoons juice of lemon fresh
- 1 teaspoon lemon rind grated
- 4 teaspoons olive oil divided
- 2 pita bread rounds whole wheat cut in half crosswise
- 7 ounce roasted bell peppers red drained sliced

- 4 romaine lettuce leaves
- 0.5 teaspoon salt
- 1 teaspoon no-salt-added greek seasoning (such as Cavender's)

Equipment

- bowl
- frying pan

Directions

- Sprinkle chicken with Greek seasoning.
- Heat 1 teaspoon oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- Add chicken; cook 2 to 3 minutes on each side or until lightly browned.
- Combine chicken and roasted bell peppers in a medium bowl.
- Combine 1 tablespoon oil, lemon rind, and next 4 ingredients in a small bowl.
- Pour marinade over chicken mixture; toss gently.
- Let stand 15 minutes.
- Line each pita half with 1 lettuce leaf and cucumber slices. Carefully fill each pita pocket with 1/2 cup chicken mixture.
- Sprinkle evenly with feta cheese.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.2, Inflammation Score:-9, Nutrition Score:22.083913002325%

Flavonoids

Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.18mg, Luteolin: 0.18mg,

Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 258.89kcal (12.94%), Fat: 9.73g (14.96%), Saturated Fat: 2.83g (17.7%), Carbohydrates: 20.35g (6.78%), Net Carbohydrates: 17.09g (6.22%), Sugar: 1.65g (1.84%), Cholesterol: 65.78mg (21.93%), Sodium: 1916.41mg (83.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.58g (47.15%), Selenium: 41.75µg (59.64%), Vitamin A: 2846.54IU (56.93%), Vitamin B3: 10.19mg (50.96%), Vitamin B6: 0.89mg (44.59%), Vitamin C: 29.86mg (36.2%), Manganese: 0.68mg (33.81%), Vitamin K: 33.7µg (32.1%), Phosphorus: 296.72mg (29.67%), Folate: 69.41µg (17.35%), Vitamin B5: 1.7mg (16.97%), Potassium: 559.44mg (15.98%), Vitamin B2: 0.26mg (15.25%), Magnesium: 57.65mg (14.41%), Vitamin B1: 0.21mg (14.11%), Fiber: 3.25g (13.01%), Iron: 2.09mg (11.59%), Calcium: 109.29mg (10.93%), Copper: 0.21mg (10.5%), Zinc: 1.5mg (10%), Vitamin E: 0.99mg (6.59%), Vitamin B12: 0.39µg (6.43%)