



Greek Chicken Salad Pitas

READY IN



11 min.

SERVINGS



4

CALORIES



156 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.7 cup cucumber diced seeded
- ☐ 1 ounce feta cheese crumbled
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup onion red thinly sliced
- ☐ 1 cup roasted chicken breast chopped
- ☐ 6 tablespoons roasted bell pepper hummus red
- ☐ 2 cups romaine lettuce sliced
- ☐ 0.3 teaspoon salt

☐

2 6-inch pitas whole wheat cut in half ()

Equipment

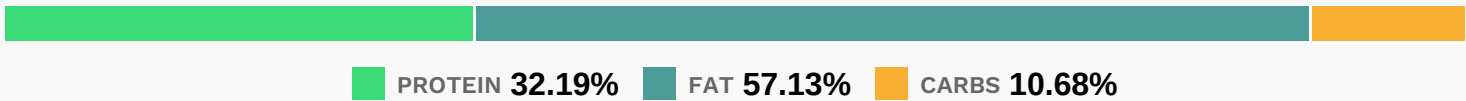
☐

bowl

Directions

- ☐
- Combine lettuce and next 4 ingredients in a large bowl.
- ☐
- Add lemon juice, olive oil, salt, and pepper; toss gently.
- ☐
- Spread 1 1/2 tablespoons hummus inside each pita half; spoon salad mixture evenly into halves.
- ☐
- Serve immediately.
- ☐
- Make it Faster
- ☐
- To make this meal even faster, forgo rinsing, slicing, and chopping the fresh vegetables and fruit yourself. Look in the produce section for packaged torn romaine lettuce and containers of presliced red onion, prechopped cucumber, and prechopped mixed melon. Sometimes these items may be more expensive, but the trade-off is time saved from prepping and cleaning.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:0.34, Inflammation Score:-9, Nutrition Score:10.800000103919%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 156.33kcal (7.82%), Fat: 9.99g (15.36%), Saturated Fat: 2.29g (14.34%), Carbohydrates: 4.2g (1.4%), Net Carbohydrates: 3.03g (1.1%), Sugar: 1.21g (1.35%), Cholesterol: 36.06mg (12.02%), Sodium: 560.75mg (24.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.66g (25.32%), Vitamin A: 2216.74IU (44.33%), Vitamin K: 30.38µg (28.93%), Vitamin B3: 5.11mg (25.54%), Vitamin C: 15.61mg (18.92%), Vitamin B6: 0.33mg (16.27%), Selenium: 11.19µg (15.99%), Phosphorus: 124.42mg (12.44%), Folate: 45.88µg (11.47%), Vitamin E: 1.17mg (7.8%), Vitamin B2: 0.13mg (7.77%), Potassium: 239.51mg (6.84%), Manganese: 0.13mg (6.74%), Calcium: 63.68mg (6.37%), Magnesium: 21.9mg (5.47%), Iron: 0.96mg (5.33%), Vitamin B5: 0.53mg (5.29%), Vitamin B1: 0.07mg (4.87%), Zinc: 0.72mg (4.77%), Fiber: 1.17g (4.68%), Copper: 0.08mg (4.18%), Vitamin B12: 0.24µg (3.98%)