



Greek Pepper Pitas

READY IN



15 min.

SERVINGS



6

CALORIES



417 kcal

Ingredients

- 2.3 oz olives black drained sliced canned
- 12 oz oscar mayer carving board flame grilled chicken breast strips
- 0.5 cup cucumber seeded chopped
- 4 oz athenos feta cheese crumbled traditional
- 1 medium bell pepper green chopped
- 6 pita breads cut in half
- 1 medium bell pepper red chopped
- 0.5 cup greek vinaigrette dressing kraft

Equipment

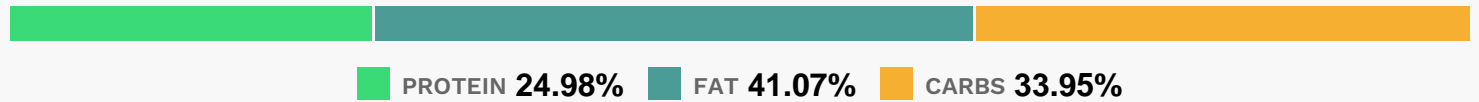
bowl

Directions

Toss all ingredients except pita breads in large bowl.

Fill each pita half with about 1/2 cup of the chicken mixture.

Nutrition Facts



Properties

Glycemic Index:30.17, Glycemic Load:29.59, Inflammation Score:-7, Nutrition Score:16.769130411355%

Flavonoids

Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 417.05kcal (20.85%), Fat: 18.93g (29.13%), Saturated Fat: 5.32g (33.22%), Carbohydrates: 35.21g (11.74%), Net Carbohydrates: 32.8g (11.93%), Sugar: 2.04g (2.27%), Cholesterol: 65.01mg (21.67%), Sodium: 725.24mg (31.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.91g (51.82%), Vitamin C: 41.69mg (50.53%), Vitamin B3: 9.48mg (47.4%), Vitamin B6: 0.55mg (27.52%), Selenium: 18.94µg (27.06%), Phosphorus: 259.16mg (25.92%), Vitamin K: 24.48µg (23.31%), Vitamin B2: 0.3mg (17.91%), Manganese: 0.34mg (16.94%), Vitamin A: 835.79IU (16.72%), Vitamin B1: 0.25mg (16.4%), Calcium: 160.29mg (16.03%), Vitamin E: 1.94mg (12.95%), Zinc: 1.68mg (11.2%), Vitamin B5: 1.06mg (10.64%), Magnesium: 41.46mg (10.36%), Fiber: 2.41g (9.66%), Iron: 1.73mg (9.59%), Potassium: 321.83mg (9.2%), Folate: 34.73µg (8.68%), Vitamin B12: 0.51µg (8.54%), Copper: 0.17mg (8.25%)