



Greek Pepper Pitas

READY IN



15 min.

SERVINGS



15

CALORIES



167 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:12.07, Glycemic Load:11.84, Inflammation Score:-4, Nutrition Score:6.7078260066717%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 166.82kcal (8.34%), Fat: 7.57g (11.65%), Saturated Fat: 2.13g (13.29%), Carbohydrates: 14.08g (4.69%), Net Carbohydrates: 13.12g (4.77%), Sugar: 0.82g (0.91%), Cholesterol: 26.01mg (8.67%), Sodium: 290.09mg (12.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.36g (20.73%), Vitamin C: 16.67mg (20.21%), Vitamin B3: 3.79mg (18.96%), Vitamin B6: 0.22mg (11.01%), Selenium: 7.58µg (10.83%), Phosphorus: 103.66mg (10.37%), Vitamin K: 9.79µg (9.33%), Vitamin B2: 0.12mg (7.16%), Manganese: 0.14mg (6.78%), Vitamin A: 334.32IU (6.69%), Vitamin B1: 0.1mg (6.56%), Calcium: 64.12mg (6.41%), Vitamin E: 0.78mg (5.18%), Zinc: 0.67mg (4.48%), Vitamin B5: 0.43mg (4.26%), Magnesium: 16.58mg (4.15%), Fiber: 0.97g (3.86%), Iron: 0.69mg (3.83%), Potassium: 128.73mg (3.68%), Folate: 13.89µg (3.47%), Vitamin B12: 0.2µg (3.41%), Copper: 0.07mg (3.3%)