



Little Italy Chicken Pitas with Sun-Dried Tomato Vinaigrette

READY IN



45 min.

SERVINGS



6

CALORIES



153 kcal

Ingredients

- ☐ 2 ounces asiago cheese grated
- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.8 pound chicken breast shredded cooked
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 1 garlic clove minced
- ☐ 3 cups baby greens mixed
- ☐ 1 tablespoon oil-packed sun-dried tomatoes drained chopped
- ☐ 6 6-inch pitas cut in half

- ☐ 1.5 tablespoons sun-dried tomato oil
- ☐ 1 cup tomatoes chopped 1 medium

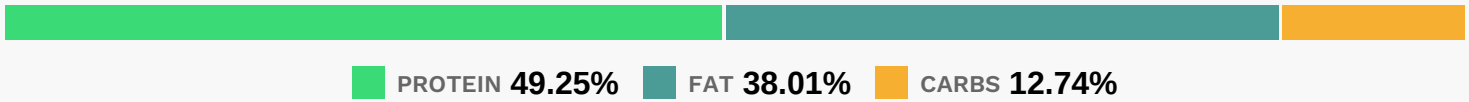
Equipment

- ☐ bowl

Directions

- ☐ Combine first 5 ingredients in a large bowl. Stir in chicken, tomato, cheese, and basil. Line each pita half with 1/4 cup greens. Divide chicken mixture evenly among pita halves.

Nutrition Facts



Properties

Glycemic Index:67.33, Glycemic Load:1.65, Inflammation Score:-5, Nutrition Score:8.7991303853367%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 153.4kcal (7.67%), Fat: 6.35g (9.77%), Saturated Fat: 2.6g (16.24%), Carbohydrates: 4.79g (1.6%), Net Carbohydrates: 4.16g (1.51%), Sugar: 2.32g (2.58%), Cholesterol: 48.95mg (16.32%), Sodium: 209.31mg (9.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.51g (37.02%), Vitamin B3: 4.97mg (24.88%), Selenium: 16.35µg (23.35%), Phosphorus: 199.06mg (19.91%), Vitamin B6: 0.29mg (14.61%), Calcium: 131.41mg (13.14%), Vitamin A: 602.57IU (12.05%), Vitamin C: 9.19mg (11.15%), Potassium: 316.48mg (9.04%), Zinc: 1.27mg (8.5%), Vitamin B2: 0.14mg (8.36%), Manganese: 0.15mg (7.5%), Vitamin K: 7.31µg (6.96%), Vitamin B5: 0.69mg (6.94%), Iron: 1.25mg (6.93%), Magnesium: 26.85mg (6.71%), Copper: 0.1mg (4.95%), Vitamin B12: 0.28µg (4.63%), Vitamin B1: 0.07mg (4.61%), Folate: 16.99µg (4.25%), Fiber: 0.62g (2.5%), Vitamin E: 0.16mg (1.1%)