



## Mango-Chicken Pita Sandwiches

READY IN



11 min.

SERVINGS



11

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10 ounce angel hair cabbage slaw shredded
- 4 grilled chicken breasts cut into thin strips\*
- 0.5 teaspoon mustard dry
- 1 apples i use 2 granny smith apples diced
- 1 teaspoon lemon rind grated
- 1 cup warm mango chutney
- 4 pita bread rounds halved
- 0.5 cup yogurt plain

# Equipment

## Directions

- Combine first 5 ingredients.
- Layer pita halves evenly with chicken, Mango Chutney, and slaw mixture.
- \*1 roasted chicken may be substituted for grilled chicken breasts.
- Remove meat from bones, and chop.
- \*\*1 cup commercial mango chutney may be substituted for Mango Chutney.

## Nutrition Facts



## Properties

Glycemic Index:22.27, Glycemic Load:30.53, Inflammation Score:-2, Nutrition Score:11.326087054999%

## Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

## Nutrients (% of daily need)

Calories: 356.69kcal (17.83%), Fat: 3.31g (5.09%), Saturated Fat: 0.98g (6.12%), Carbohydrates: 54.74g (18.25%), Net Carbohydrates: 52.7g (19.16%), Sugar: 17.93g (19.92%), Cholesterol: 54.61mg (18.2%), Sodium: 172.18mg (7.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.19g (50.37%), Selenium: 34.6µg (49.43%), Vitamin B3: 9.49mg (47.45%), Phosphorus: 230.11mg (23.01%), Vitamin B6: 0.44mg (21.8%), Manganese: 0.37mg (18.29%), Magnesium: 40.86mg (10.21%), Vitamin B1: 0.13mg (8.88%), Vitamin B2: 0.15mg (8.85%), Copper: 0.18mg (8.82%), Potassium: 301.75mg (8.62%), Vitamin B5: 0.86mg (8.56%), Zinc: 1.26mg (8.38%), Fiber: 2.04g (8.16%), Iron: 1.46mg (8.1%), Calcium: 53.44mg (5.34%), Vitamin C: 3.78mg (4.58%), Vitamin B12: 0.25µg (4.23%), Folate: 16.87µg (4.22%), Vitamin E: 0.28mg (1.84%)