



## Mediterranean Chicken Panzanella Salad

 Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



27 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 cup meat from a rotisserie chicken cooked chopped
- 1 small cucumber peeled chopped
- 0.3 cup parsley fresh chopped
- 0.3 cup 1/3 cup kraft lite zesty italian dressing italian kraft
- 1 Tbsp juice of lemon
- 1 pita bread whole wheat split
- 1 bell pepper red chopped
- 0.3 cup onions red chopped

1 tomatoes chopped

## Equipment

bowl

baking sheet

oven

## Directions

Heat oven to 375F.

Place pita halves in single layer on baking sheet.

Bake 4 to 5 min. on each side or until crisp and lightly browned on both sides. Cool.

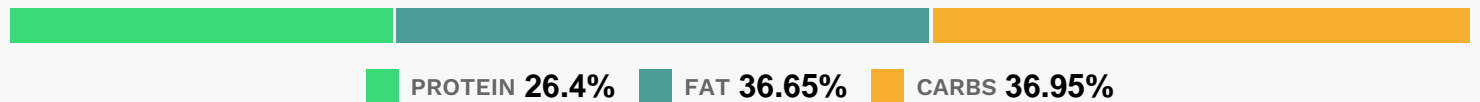
Combine next 6 ingredients in large bowl.

Crumble pitas over salad.

Mix dressing and lemon juice.

Add to salad; toss to coat.

## Nutrition Facts



## Properties

Glycemic Index:5.76, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:2.4452173489591%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 1.29mg, Apigenin: 1.29mg, Apigenin: 1.29mg, Apigenin: 1.29mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

## Nutrients (% of daily need)

Calories: 26.82kcal (1.34%), Fat: 1.11g (1.71%), Saturated Fat: 0.21g (1.28%), Carbohydrates: 2.52g (0.84%), Net Carbohydrates: 2.13g (0.77%), Sugar: 0.93g (1.03%), Cholesterol: 4.2mg (1.4%), Sodium: 45.73mg (1.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.61%), Vitamin K: 12.71µg (12.11%), Vitamin C: 8.17mg (9.9%), Vitamin A: 248.62IU (4.97%), Selenium: 2.45µg (3.5%), Manganese: 0.06mg (3.01%), Vitamin B3: 0.6mg (2.99%), Vitamin B6: 0.06mg (2.76%), Phosphorus: 20.01mg (2%), Potassium: 56.62mg (1.62%), Fiber: 0.4g (1.59%), Folate: 6.31µg (1.58%), Magnesium: 5.3mg (1.32%), Vitamin B1: 0.02mg (1.31%), Iron: 0.23mg (1.3%), Vitamin E: 0.19mg (1.28%), Vitamin B5: 0.11mg (1.13%), Zinc: 0.16mg (1.08%), Vitamin B2: 0.02mg (1.05%), Copper: 0.02mg (1.02%)