



Mediterranean Chicken Salad Pitas

READY IN



45 min.

SERVINGS



6

CALORIES



598 kcal

Ingredients

- ☐ 12 boston lettuce leaves
- ☐ 3 cups roasted chicken cooked chopped
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 cup olive green pitted chopped (20 small)
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 tablespoons juice of lemon
- ☐ 15 ounce natural butter extract rinsed drained canned (garbanzo beans)
- ☐ 1 cup bell pepper red chopped (1 large)
- ☐ 0.5 cup onion diced red

- ☐ 1 cup nonfat greek yogurt plain (such as Fage Total Classic)
- ☐ 0.8 inch tomatoes cut in half
- ☐ 6 6-inch day old pita bread whole wheat cut in half ()

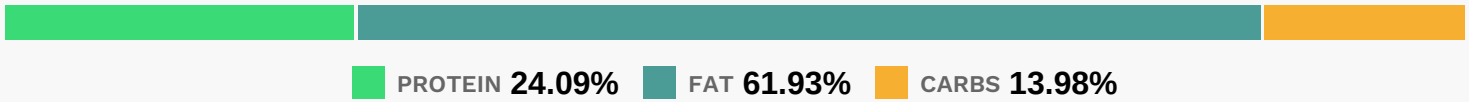
Equipment

- ☐ bowl

Directions

- ☐ Combine first 4 ingredients in a small bowl; set aside.
- ☐ Combine chicken and next 5 ingredients (through chickpeas) in a large bowl.
- ☐ Add yogurt mixture to chicken mixture; toss gently to coat. Line each pita half with 1 lettuce leaf and 1 tomato piece; add 1/2 cup chicken mixture to each pita half.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:0.6, Inflammation Score:-9, Nutrition Score:28.212174187536%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

Nutrients (% of daily need)

Calories: 597.85kcal (29.89%), Fat: 43.15g (66.39%), Saturated Fat: 8.87g (55.43%), Carbohydrates: 21.92g (7.31%), Net Carbohydrates: 16.78g (6.1%), Sugar: 10.66g (11.85%), Cholesterol: 54.17mg (18.06%), Sodium: 261.3mg (11.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.76g (75.52%), Vitamin B3: 15.32mg (76.62%), Manganese: 1.18mg (59.04%), Vitamin E: 7.4mg (49.33%), Phosphorus: 441.51mg (44.15%), Vitamin C: 36.06mg (43.7%), Vitamin A: 1920.4IU (38.41%), Vitamin B6: 0.75mg (37.3%), Magnesium: 148.82mg (37.2%), Selenium: 24.28µg (34.68%), Vitamin K: 34.53µg (32.89%), Folate: 105.54µg (26.38%), Vitamin B2: 0.38mg (22.4%), Potassium: 766.45mg (21.9%), Zinc: 3.2mg (21.35%), Fiber: 5.14g (20.55%), Copper: 0.38mg (19%), Vitamin B5: 1.7mg (17.04%), Iron: 2.84mg

(15.77%), Vitamin B1: 0.2mg (13.5%), Calcium: 104.04mg (10.4%), Vitamin B12: 0.44µg (7.27%)