



Moroccan Chicken Pita

 Gluten Free

READY IN



10 min.

SERVINGS



1

CALORIES



303 kcal

Ingredients

- ☐ 3 ounces chicken breast strips/pre-cooked/chopped chopped
- ☐ 0.5 cup carrots shredded
- ☐ 2 tablespoons dates chopped
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.1 teaspoons ground cumin
- ☐ 0.5 teaspoon honey
- ☐ 4 tablespoons greek yogurt plain low-fat
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup pkt spinach fresh

☐ 1 frangelico halved

Equipment

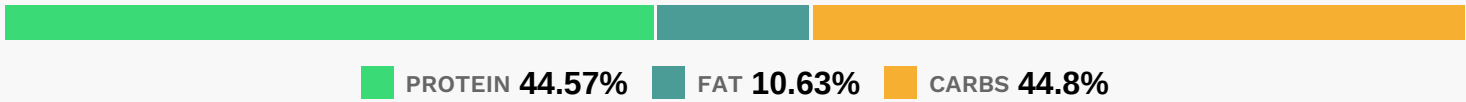
☐ bowl

☐ whisk

Directions

- ☐ Combine first 5 ingredients (through cinnamon) in a small bowl, stirring well with a whisk.
- ☐ Combine chicken, carrot, and dates in a bowl.
- ☐ Add dressing; toss gently to coat. Fill pita halves with chicken mixture and spinach.

Nutrition Facts



Properties

Glycemic Index:193.11, Glycemic Load:14.06, Inflammation Score:-10, Nutrition Score:24.403043531853%

Flavonoids

Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 303.42kcal (15.17%), Fat: 3.65g (5.61%), Saturated Fat: 0.97g (6.05%), Carbohydrates: 34.56g (11.52%), Net Carbohydrates: 29.87g (10.86%), Sugar: 26.96g (29.96%), Cholesterol: 75.29mg (25.1%), Sodium: 432.42mg (18.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.39g (68.77%), Vitamin A: 12125.56IU (242.51%), Vitamin K: 82.05µg (78.15%), Vitamin B3: 12.93mg (64.63%), Selenium: 30.58µg (43.68%), Vitamin B6: 0.72mg (35.9%), Phosphorus: 325.41mg (32.54%), Potassium: 795.05mg (22.72%), Vitamin B2: 0.35mg (20.77%), Manganese: 0.38mg (19%), Fiber: 4.69g (18.75%), Magnesium: 64.84mg (16.21%), Vitamin B5: 1.38mg (13.84%), Folate: 54.67µg (13.67%), Calcium: 132.25mg (13.22%), Vitamin B12: 0.71µg (11.82%), Iron: 2.03mg (11.3%), Zinc: 1.51mg (10.09%), Vitamin C: 8.16mg (9.89%), Vitamin B1: 0.14mg (9.59%), Copper: 0.17mg (8.32%), Vitamin E: 0.99mg (6.61%)