



## Open-Face Chicken Pitas

READY IN



30 min.

SERVINGS



4

CALORIES



307 kcal

### Ingredients

- 2 cups rotisserie chicken cut shredded skinless (from 2- to 2 1/2-lb chicken)
- 1 teaspoon greek olives
- 4 7-inch wholewheat pita breads greek-style ( )
- 0.3 cup water refrigerated
- 0.5 cup cucumber chopped
- 1 cup plum tomatoes chopped (Roma)
- 2 oz feta cheese crumbled
- 1 serving yogurt plain sour
- 1 tablespoon spring onion sliced

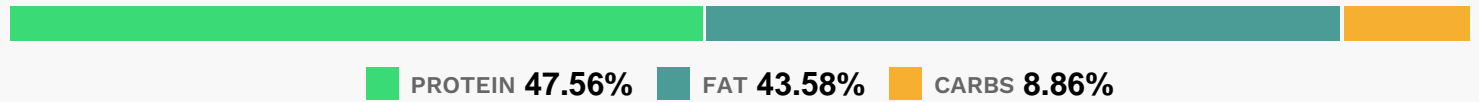
# Equipment

- bowl
- microwave

# Directions

- In medium microwavable bowl, mix chicken and Greek seasoning. Microwave uncovered on High 1 to 2 minutes, stirring once or twice, until hot. Cover to keep warm.
- Heat pita folds as directed on package.
- Spread each pita fold with about 1 tablespoon hummus. Top with 1/2 cup warm chicken, the cucumber, tomatoes and cheese.
- Serve topped with yogurt and onion.

# Nutrition Facts



# Properties

Glycemic Index:62.88, Glycemic Load:1.73, Inflammation Score:-4, Nutrition Score:6.6026087584703%

# Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

# Nutrients (% of daily need)

Calories: 307.06kcal (15.35%), Fat: 15.04g (23.13%), Saturated Fat: 4.8g (29.99%), Carbohydrates: 6.89g (2.3%), Net Carbohydrates: 4.73g (1.72%), Sugar: 1.86g (2.06%), Cholesterol: 126.21mg (42.07%), Sodium: 678mg (29.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.92g (73.84%), Manganese: 0.25mg (12.46%), Vitamin A: 590.68IU (11.81%), Vitamin C: 8.92mg (10.81%), Phosphorus: 103.35mg (10.33%), Calcium: 88.8mg (8.88%), Vitamin B2: 0.15mg (8.87%), Vitamin K: 9.25µg (8.81%), Fiber: 2.16g (8.63%), Folate: 34µg (8.5%), Copper: 0.16mg (8.18%), Vitamin B6: 0.16mg (7.93%), Magnesium: 26.47mg (6.62%), Potassium: 224.56mg (6.42%), Zinc: 0.93mg (6.19%), Vitamin B1: 0.09mg (5.97%), Iron: 0.83mg (4.62%), Vitamin B12: 0.24µg (4.01%), Selenium: 2.7µg (3.86%), Vitamin B3: 0.65mg (3.25%), Vitamin E: 0.41mg (2.7%), Vitamin B5: 0.26mg (2.63%)