



Open-Face Chicken Pitas

 Popular

READY IN



30 min.

SERVINGS



4

CALORIES



309 kcal

Ingredients

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

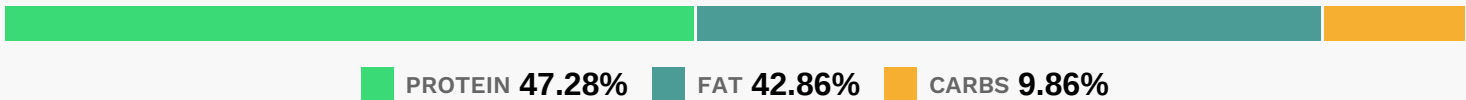
Equipment

- ☐ 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:64.13, Glycemic Load:1.76, Inflammation Score:-5, Nutrition Score:7.6000000238419%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg 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, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 309kcal (15.45%), Fat: 14.93g (22.96%), Saturated Fat: 4.81g (30.05%), Carbohydrates: 7.72g (2.57%), Net Carbohydrates: 5.08g (1.85%), Sugar: 1.94g (2.15%), Cholesterol: 126.31mg (42.1%), Sodium: 659.43mg (28.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.05g (74.09%), Vitamin K: 16.89µg (16.09%), Manganese: 0.31mg (15.54%), Vitamin A: 607.54IU (12.15%), Calcium: 108.74mg (10.87%), Vitamin C: 8.95mg (10.85%), Phosphorus: 105.83mg (10.58%), Fiber: 2.64g (10.56%), Vitamin B2: 0.16mg (9.31%), Folate: 36.94µg (9.24%), Vitamin B6: 0.17mg (8.57%), Copper: 0.17mg (8.5%), Magnesium: 29.76mg (7.44%), Iron: 1.28mg (7.1%), Potassium: 240.73mg (6.88%), Zinc: 0.97mg (6.44%), Vitamin B1: 0.09mg (6.12%), Vitamin B12: 0.24µg (4.05%), Selenium: 2.76µg (3.95%), Vitamin E: 0.58mg (3.89%), Vitamin B3: 0.7mg (3.52%), Vitamin B5: 0.28mg (2.77%)