

Oven Roasted Chicken Salad Pita

 Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



381 kcal

Ingredients

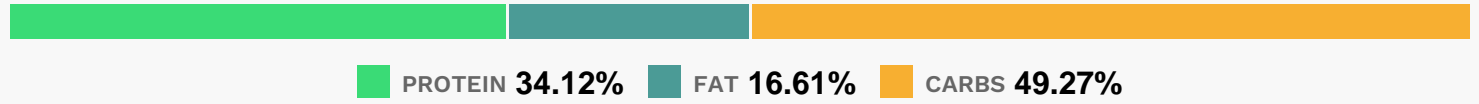
- 3 oz oscar mayer carving board flame grilled chicken breast strips ()
- 0.5 tsp green onions finely chopped
- 1 dash ground pepper black
- 1 dash juice of lemon
- 1 pita bread cut into wedges
- 0.5 cup grapes green red seedless
- 1 Tbsp mayo reduced fat mayonnaise light kraft

Equipment

Directions

- Mix mayo, onions, juice and pepper.
- Add chicken breasts strips; stir to coat.
- Serve with the pita bread wedges and grapes.

Nutrition Facts



Properties

Glycemic Index:207, Glycemic Load:35.06, Inflammation Score:-3, Nutrition Score:14.130869515564%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 380.54kcal (19.03%), Fat: 6.94g (10.68%), Saturated Fat: 1.48g (9.24%), Carbohydrates: 46.36g (15.45%), Net Carbohydrates: 44.39g (16.14%), Sugar: 12.25g (13.61%), Cholesterol: 74.53mg (24.84%), Sodium: 480.58mg (20.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.11g (64.21%), Vitamin B3: 13.01mg (65.06%), Selenium: 23.92µg (34.18%), Vitamin B6: 0.6mg (29.8%), Phosphorus: 266.04mg (26.6%), Vitamin K: 21.03µg (20.03%), Manganese: 0.35mg (17.64%), Vitamin B1: 0.26mg (17.54%), Potassium: 438.59mg (12.53%), Vitamin B2: 0.21mg (12.07%), Copper: 0.24mg (11.83%), Magnesium: 45.22mg (11.31%), Iron: 1.99mg (11.03%), Vitamin B5: 1.09mg (10.92%), Zinc: 1.39mg (9.26%), Fiber: 1.97g (7.86%), Calcium: 70.53mg (7.05%), Folate: 19.77µg (4.94%), Vitamin B12: 0.29µg (4.82%), Vitamin E: 0.69mg (4.58%), Vitamin C: 2.99mg (3.63%), Vitamin A: 88.07IU (1.76%)