



## Peanut Chicken Pitas

 Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



147 kcal

### Ingredients

- 0.3 cup carrots shredded
- 1.3 cups chicken breast cooked chopped
- 1 oz pita rounds whole wheat mini halved
- 0.3 cup roasted lightly peanuts salted chopped
- 1 romaine lettuce heart chopped
- 0.8 cup snow peas frozen thawed trimmed
- 0.5 cup sesame-ginger dressing light

### Equipment

- bowl

## Directions

- Combine chopped lettuce and next 4 ingredients in a large bowl.
- Drizzle with sesame-ginger dressing; toss to combine. Fill each pita half evenly with mixture.
- Note: For testing purposes only, we used Newman's Own Low Fat Sesame Ginger Dressing and Toufayan
- Bakeries Hearth
- Baked Whole Wheat Pitettes Pita Bread.

## Nutrition Facts



## Properties

Glycemic Index:5.85, Glycemic Load:0.13, Inflammation Score:-7, Nutrition Score:6.5686956346035%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 147.11kcal (7.36%), Fat: 10.18g (15.66%), Saturated Fat: 1.55g (9.67%), Carbohydrates: 5.31g (1.77%), Net Carbohydrates: 4.11g (1.49%), Sugar: 2g (2.22%), Cholesterol: 18.59mg (6.2%), Sodium: 210.52mg (9.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.23g (18.47%), Vitamin A: 1083.18IU (21.66%), Vitamin B3: 3.89mg (19.43%), Vitamin K: 15.28µg (14.55%), Selenium: 8.27µg (11.82%), Manganese: 0.21mg (10.32%), Vitamin B6: 0.18mg (8.76%), Phosphorus: 87.01mg (8.7%), Vitamin C: 5.89mg (7.14%), Vitamin E: 0.93mg (6.19%), Magnesium: 19.63mg (4.91%), Fiber: 1.2g (4.81%), Potassium: 161.78mg (4.62%), Folate: 17.24µg (4.31%), Iron: 0.77mg (4.28%), Vitamin B1: 0.06mg (4.05%), Vitamin B5: 0.39mg (3.89%), Copper: 0.06mg (3.09%), Zinc: 0.42mg (2.81%), Vitamin B2: 0.04mg (2.57%), Calcium: 17.77mg (1.78%), Vitamin B12: 0.07µg (1.24%)