



Peanut-Sauced Chicken Pitás

 Dairy Free

READY IN



24 min.

SERVINGS



2

CALORIES



148 kcal

Ingredients

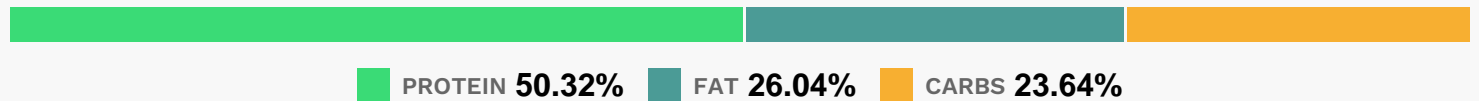
- 2 tablespoons bell pepper strips (red thin)
- 2 tablespoons diagonally-cut carrot
- 2 tablespoons cilantro leaves (fresh chopped)
- 0.3 cup green onions (thinly sliced)
- 0.1 teaspoon kosher salt
- 1 cup drumstick meat (shredded boneless skinless)
- 0.5 cup mung bean sprouts (fresh dry rinsed drained)
- 2 tablespoons peanut satay sauce (such as Thai Kitchen)
- 1 6-inch wholewheat pita breads (whole-wheat cut in half ())

Equipment

Directions

- Combine the first 5 ingredients, tossing well to coat. Stir in chile paste, if desired. Fill each pita half with about 1/2 cup chicken mixture, 1/4 cup bean sprouts, 1 tablespoon carrot, and 1 tablespoon cilantro.

Nutrition Facts



Properties

Glycemic Index:119.92, Glycemic Load:1.11, Inflammation Score:-9, Nutrition Score:15.149130334025%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 147.81kcal (7.39%), Fat: 4.18g (6.43%), Saturated Fat: 0.45g (2.84%), Carbohydrates: 8.54g (2.85%), Net Carbohydrates: 7g (2.54%), Sugar: 5.18g (5.75%), Cholesterol: 48mg (16%), Sodium: 458.91mg (19.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.17g (36.35%), Vitamin A: 3018.2IU (60.36%), Vitamin K: 46.91µg (44.67%), Vitamin B3: 8.36mg (41.79%), Selenium: 24.28µg (34.69%), Vitamin B6: 0.64mg (32.17%), Vitamin C: 20.36mg (24.68%), Phosphorus: 186.05mg (18.61%), Vitamin B5: 1.25mg (12.55%), Potassium: 432.58mg (12.36%), Folate: 37.02µg (9.26%), Vitamin B2: 0.14mg (8.14%), Magnesium: 31.45mg (7.86%), Vitamin B1: 0.1mg (6.37%), Fiber: 1.54g (6.16%), Manganese: 0.12mg (6.16%), Iron: 0.86mg (4.78%), Zinc: 0.67mg (4.48%), Copper: 0.09mg (4.35%), Vitamin E: 0.52mg (3.44%), Calcium: 25.52mg (2.55%), Vitamin B12: 0.15µg (2.5%)