



Pineapple Chicken Salad Pitas

READY IN



45 min.

SERVINGS



4

CALORIES



343 kcal

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 0.5 cup baby carrots
- ☐ 0.3 teaspoon pepper black
- ☐ 1 pound chicken breast strips/pre-cooked/chopped cooked chopped
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 cup spring onion finely chopped
- ☐ 0.3 cup mayonnaise light
- ☐ 8 ounce pineapple rings crushed drained canned
- ☐ 8 the of 1 cos lettuce

- ☐ 0.3 teaspoon salt
- ☐ 4 6-inch day old pita bread whole wheat cut in half ()
- ☐ 1 tablespoon worcestershire sauce

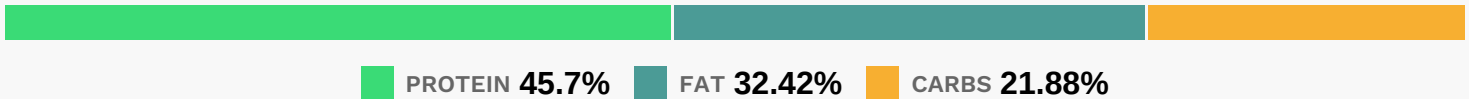
Equipment

- ☐ bowl

Directions

- ☐ Combine first 11 ingredients in a large bowl, stirring well. Line each pita half with 1 lettuce leaf; fill each half with 1/3 cup chicken mixture.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:0.19, Inflammation Score:-10, Nutrition Score:26.95956492424%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 343.09kcal (17.15%), Fat: 12.33g (18.97%), Saturated Fat: 2.14g (13.35%), Carbohydrates: 18.72g (6.24%), Net Carbohydrates: 15.1g (5.49%), Sugar: 12.3g (13.66%), Cholesterol: 99.68mg (33.23%), Sodium: 473.73mg (20.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.12g (78.23%), Vitamin A: 7216.73IU (144.33%), Vitamin B3: 16.37mg (81.84%), Vitamin K: 82.9µg (78.95%), Selenium: 33.84µg (48.34%), Vitamin B6: 0.81mg (40.66%), Phosphorus: 355.93mg (35.59%), Folate: 98.7µg (24.67%), Potassium: 696.99mg (19.91%), Magnesium: 77.81mg (19.45%), Vitamin B2: 0.32mg (18.81%), Vitamin E: 2.81mg (18.73%), Manganese: 0.35mg (17.74%), Iron: 2.73mg (15.17%), Vitamin B1: 0.22mg (14.56%), Fiber: 3.62g (14.5%), Vitamin B5: 1.4mg (14%), Copper: 0.26mg (13.21%), Zinc: 1.81mg (12.05%), Vitamin C: 9.86mg (11.95%), Calcium: 112.03mg (11.2%), Vitamin B12: 0.48µg (7.98%)