



## Poppy Seed-Chicken Pitas

READY IN



40 min.

SERVINGS



4

CALORIES



798 kcal

### Ingredients

- 1 stalk celery chopped
- 1 tablespoon dijon mustard
- 0.5 cup apricots dried chopped
- 0.3 cup chives fresh chopped
- 0.3 cup greek yogurt sour low-fat
- 4 servings kosher salt
- 4 servings torn lettuce leaves for serving
- 0.5 cup mayonnaise
- 1 large cranberry-orange relish
- 0.5 cup pecans toasted chopped

- 4 servings pepper freshly ground
- 4 pitas whole-wheat halved
- 1.5 tablespoons poppy seeds
- 2 pounds skin-on bone-in
- 4 servings photograph by antonis achilleos
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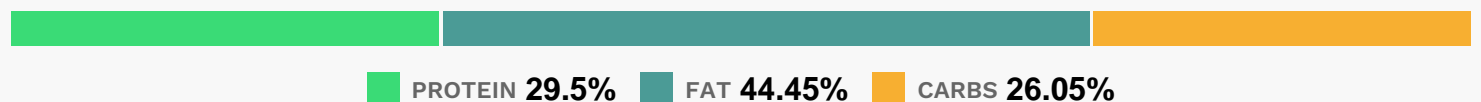
## Equipment

- bowl
- sauce pan
- peeler

## Directions

- Cover the chicken with cold water in a saucepan and add 1 teaspoon salt.
- Remove strips of zest from half of the orange with a vegetable peeler; add the zest to the water. Cover and bring to a boil over high heat, then reduce the heat to medium-low and simmer, uncovered, until the chicken is cooked through, about 18 minutes.
- Remove the chicken and let cool.
- Grate the remaining orange zest into a large bowl; juice the orange into the bowl. Stir in the mayonnaise, sour cream, mustard, celery, nuts, chives, poppy seeds, 1/2 teaspoon salt, and pepper to taste.
- Add the apricots, if desired.
- Shred the chicken, discarding the bones and skin, and toss with the dressing. Stuff a few lettuce leaves and some of the chicken salad into each pita.

## Nutrition Facts



## Properties

Glycemic Index:94.72, Glycemic Load:34.14, Inflammation Score:-9, Nutrition Score:38.15000010055%

## Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Hesperetin: 12.53mg, Hesperetin: 12.53mg, Hesperetin: 12.53mg, Hesperetin: 12.53mg Naringenin: 7.05mg, Naringenin: 7.05mg, Naringenin: 7.05mg, Naringenin: 7.05mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

## **Nutrients (% of daily need)**

Calories: 798.2kcal (39.91%), Fat: 39.38g (60.59%), Saturated Fat: 5.9g (36.9%), Carbohydrates: 51.94g (17.31%), Net Carbohydrates: 45.8g (16.65%), Sugar: 15.01g (16.67%), Cholesterol: 158mg (52.67%), Sodium: 1001.12mg (43.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.8g (117.59%), Vitamin B3: 25.76mg (128.8%), Selenium: 76.27µg (108.95%), Vitamin B6: 1.85mg (92.27%), Manganese: 1.32mg (65.75%), Phosphorus: 636.57mg (63.66%), Vitamin A: 2727.84IU (54.56%), Vitamin K: 55.55µg (52.9%), Vitamin C: 33.64mg (40.77%), Vitamin B5: 3.88mg (38.75%), Potassium: 1350.79mg (38.59%), Vitamin B1: 0.49mg (32.93%), Magnesium: 119.05mg (29.76%), Fiber: 6.14g (24.55%), Copper: 0.47mg (23.36%), Vitamin B2: 0.37mg (21.95%), Zinc: 2.91mg (19.39%), Calcium: 187.05mg (18.7%), Iron: 3.18mg (17.67%), Vitamin E: 2.5mg (16.7%), Folate: 60.73µg (15.18%), Vitamin B12: 0.49µg (8.12%), Vitamin D: 0.28µg (1.89%)