



Ranch Chicken Pita Pockets

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



407 kcal

Ingredients

- ☐ 1.5 cups rotisserie chicken breast shredded boneless skinless
- ☐ 4 pitas whole-wheat warmed halved
- ☐ 0.3 cup ranch dressing light
- ☐ 2 cups romaine lettuce shredded
- ☐ 4 center-cut bacon crumbled cooked
- ☐ 1 cup tomatoes chopped (2 medium)

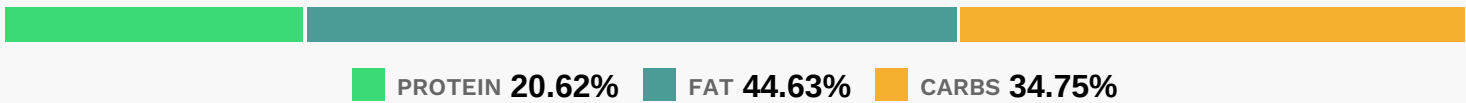
Equipment

- ☐ bowl

Directions

- ☐ Combine first 4 ingredients in a bowl.
- ☐ Add dressing; toss well. Spoon lettuce mixture evenly into pita halves.
- ☐ Help shred lettuce
- ☐ Add ingredients to bowl
- ☐ Help shred chicken
- ☐ Help spoon mixture into pita halves

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:29.44, Inflammation Score:-9, Nutrition Score:16.687825881917%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 406.57kcal (20.33%), Fat: 19.91g (30.62%), Saturated Fat: 4.75g (29.68%), Carbohydrates: 34.88g (11.63%), Net Carbohydrates: 32.7g (11.89%), Sugar: 2.2g (2.44%), Cholesterol: 55.72mg (18.57%), Sodium: 694.99mg (30.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.7g (41.39%), Vitamin K: 53.94µg (51.37%), Vitamin A: 2389.76IU (47.8%), Vitamin B3: 8.26mg (41.28%), Selenium: 23.22µg (33.17%), Vitamin B6: 0.55mg (27.6%), Phosphorus: 257.32mg (25.73%), Vitamin B1: 0.28mg (18.66%), Manganese: 0.37mg (18.38%), Vitamin B5: 1.37mg (13.72%), Potassium: 478.01mg (13.66%), Folate: 54.04µg (13.51%), Magnesium: 40.21mg (10.05%), Vitamin B2: 0.17mg (9.92%), Fiber: 2.17g (8.69%), Iron: 1.47mg (8.17%), Vitamin C: 6.72mg (8.14%), Zinc: 1.21mg (8.05%), Copper: 0.16mg (7.78%), Calcium: 69.15mg (6.92%), Vitamin E: 0.88mg (5.85%), Vitamin B12: 0.26µg (4.28%), Vitamin D: 0.16µg (1.09%)