



## Roast Chicken Pitas with Cumin-Lemon Dressing

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



273 kcal

### Ingredients

- 1 cup cucumber cubed peeled seeded ( 1 cucumber)
- 2 teaspoons cumin seeds
- 2 tablespoons olive oil extravirgin
- 4 garlic clove sliced
- 0.3 cup juice of lemon fresh ( 2 lemons)
- 6 6-inch wholewheat pita breads ( )
- 3 cups rotisserie chicken cut shredded boneless skinless ( 1 [2-pound] chicken)
- 0.8 teaspoon salt

## Equipment

- bowl
- frying pan
- oven
- aluminum foil

## Directions

- Preheat oven to 37
- Combine first 4 ingredients in a large bowl, tossing to coat.
- Heat olive oil in a small skillet over medium heat.
- Add cumin and garlic; cook 1 minute or until toasted, stirring frequently.
- Pour cumin mixture over chicken mixture; toss well to combine.
- Wrap pitas in foil; bake at 375 for 10 minutes or until heated. Spoon 2/3 cup chicken mixture on each pita; roll up.

## Nutrition Facts

**PROTEIN 48.05%** **FAT 47.66%** **CARBS 4.29%**

## Properties

Glycemic Index:24.5, Glycemic Load:0.76, Inflammation Score:1, Nutrition Score:1.8500000160673%

## Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 272.79kcal (13.64%), Fat: 14.57g (22.42%), Saturated Fat: 3.23g (20.21%), Carbohydrates: 2.95g (0.98%), Net Carbohydrates: 2.62g (0.95%), Sugar: 0.7g (0.78%), Cholesterol: 113.56mg (37.85%), Sodium: 708.66mg (30.81%), Alcohol: 0g (100%), Protein: 33.05g (66.09%), Vitamin C: 6.63mg (8.04%), Vitamin E: 0.72mg (4.82%),

Vitamin K: 4.48µg (4.26%), Manganese: 0.08mg (3.95%), Iron: 0.58mg (3.21%), Vitamin B6: 0.05mg (2.28%), Potassium: 65.36mg (1.87%), Magnesium: 6.68mg (1.67%), Copper: 0.03mg (1.58%), Folate: 6.18µg (1.55%), Calcium: 14.83mg (1.48%), Vitamin B1: 0.02mg (1.4%), Fiber: 0.33g (1.32%), Phosphorus: 13.1mg (1.31%)