



Roasted Chicken and White Beans with Greek Dressing

READY IN



8 min.

SERVINGS



4

CALORIES



537 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15.5 ounce .5 can cannellini beans rinsed drained canned
- ☐ 4 servings greek dressing
- ☐ 1 cup onion red chopped
- ☐ 2.5 cups rotisserie chicken cut shredded boneless skinless
- ☐ 2 7-inch pitas whole wheat cut into 8 wedges ()

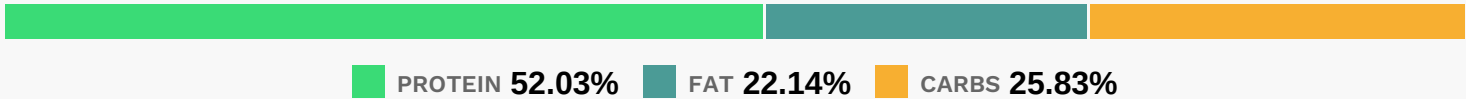
Equipment

- ☐ bowl

Directions

- ☐ Combine first 3 ingredients in a large bowl.
- ☐ Drizzle Greek Dressing over chicken mixture, and toss well.
- ☐ Serve with pita wedges.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:6.41, Inflammation Score:-5, Nutrition Score:16.720434818579%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 536.62kcal (26.83%), Fat: 13.19g (20.29%), Saturated Fat: 3.53g (22.04%), Carbohydrates: 34.61g (11.54%), Net Carbohydrates: 28.63g (10.41%), Sugar: 8.59g (9.55%), Cholesterol: 151.95mg (50.65%), Sodium: 594.3mg (25.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 69.73g (139.46%), Phosphorus: 384.47mg (38.45%), Vitamin B2: 0.61mg (36.11%), Manganese: 0.64mg (32.2%), Selenium: 21.98µg (31.4%), Calcium: 311.47mg (31.15%), Potassium: 839.99mg (24%), Fiber: 5.98g (23.93%), Vitamin B12: 1.4µg (23.33%), Folate: 93.18µg (23.3%), Magnesium: 82.37mg (20.59%), Iron: 3.52mg (19.58%), Zinc: 2.37mg (15.77%), Copper: 0.31mg (15.3%), Vitamin B6: 0.26mg (12.99%), Vitamin B1: 0.17mg (11.3%), Vitamin B5: 0.92mg (9.19%), Vitamin E: 0.9mg (5.99%), Vitamin C: 2.96mg (3.59%), Vitamin K: 3.35µg (3.19%), Vitamin B3: 0.61mg (3.03%)