



Sesame Chicken in Pitas

READY IN



15 min.

SERVINGS



15

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup cashew pieces
- 1 cup meat from a rotisserie chicken cooked chopped
- 0.1 tsp ground ginger
- 2 Tbsp miracle whip free dressing
- 0.5 cup pea pods chopped
- 2 pita bread rounds whole wheat cut in half
- 0.5 cup pasilla peppers red chopped
- 0.5 tsp sesame oil
- 1 tsp sesame seed toasted

1 tsp lite soy sauce

Equipment

bowl

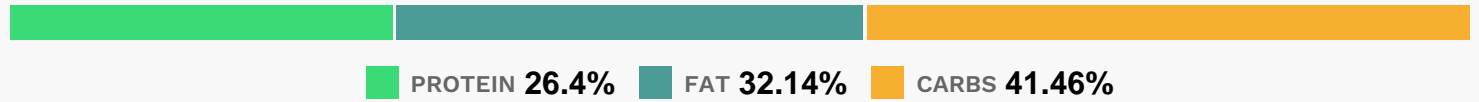
Directions

Mix dressing, soy sauce, sesame seed, oil and ginger in large bowl.

Add chicken, vegetables and cashews; mix lightly.

Spoon evenly into pita pockets.

Nutrition Facts



Properties

Glycemic Index:7.15, Glycemic Load:0.22, Inflammation Score:-2, Nutrition Score:3.4360869578693%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 53.87kcal (2.69%), Fat: 1.99g (3.05%), Saturated Fat: 0.4g (2.5%), Carbohydrates: 5.76g (1.92%), Net Carbohydrates: 4.99g (1.81%), Sugar: 0.91g (1.01%), Cholesterol: 7.19mg (2.4%), Sodium: 78.2mg (3.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.34%), Vitamin C: 8.33mg (10.09%), Manganese: 0.19mg (9.54%), Selenium: 6.09µg (8.71%), Vitamin B3: 1.06mg (5.31%), Phosphorus: 48.62mg (4.86%), Vitamin B6: 0.09mg (4.43%), Copper: 0.08mg (4.18%), Vitamin A: 196.33IU (3.93%), Magnesium: 15.43mg (3.86%), Iron: 0.61mg (3.38%), Vitamin B1: 0.05mg (3.27%), Fiber: 0.78g (3.11%), Zinc: 0.41mg (2.76%), Vitamin B5: 0.21mg (2.13%), Potassium: 67.99mg (1.94%), Folate: 7.48µg (1.87%), Vitamin K: 1.92µg (1.83%), Vitamin B2: 0.03mg (1.69%), Vitamin E: 0.16mg (1.06%)