



Skillet Chicken Pitas

READY IN



21 min.

SERVINGS



4

CALORIES



97 kcal

Ingredients

- 6 ounces chicken breast cooked cut into strips (skinned before cooking and without salt or fat)
- 0.3 cup cucumber peeled coarsely chopped
- 0.3 teaspoon garlic powder
- 1 cup iceberg lettuce shredded
- 0.3 cup nonfat mayonnaise
- 2 8-inch pita bread rounds ()
- 0.8 cup tomatoes chopped
- 0.3 cup water divided

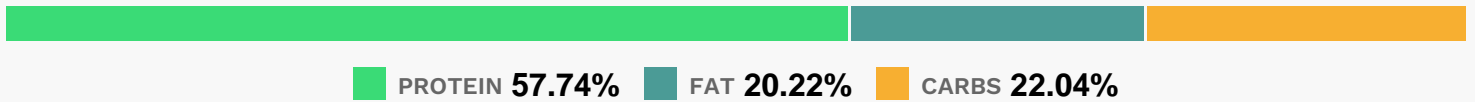
Equipment

- frying pan
- wax paper

Directions

- Combine mayonnaise and garlic powder. Separate each pita round into 2 rounds.
- Spread mayonnaise mixture evenly on inside of split rounds. Arrange chicken strips evenly down centers of pita rounds; top evenly with lettuce, tomato, and cucumber. Fold over left and right sides of pita rounds to partially enclose filling. Fold short sides over to form rectangles.
- Coat a nonstick skillet with cooking spray.
- Place over medium-high heat until hot.
- Sprinkle 1 tablespoon water in skillet.
- Place 2 sandwiches, seam sides down, in skillet; press firmly. Cook 2 to 3 minutes or until lightly browned. Turn sandwiches; press firmly, and cook 2 additional minutes or until lightly browned. Wrap in wax paper, and keep warm. Repeat procedure.

Nutrition Facts



Properties

Glycemic Index:46.75, Glycemic Load:0.68, Inflammation Score:-3, Nutrition Score:6.4443479167378%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 97.21kcal (4.86%), Fat: 2.14g (3.3%), Saturated Fat: 0.56g (3.49%), Carbohydrates: 5.26g (1.75%), Net Carbohydrates: 4.24g (1.54%), Sugar: 3.23g (3.59%), Cholesterol: 37.88mg (12.63%), Sodium: 190.11mg (8.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.78g (27.56%), Vitamin B3: 6.04mg (30.18%), Selenium: 11.87µg (16.95%), Vitamin B6: 0.29mg (14.7%), Vitamin K: 12.23µg (11.64%), Phosphorus: 111.81mg (11.18%), Vitamin A: 339.99IU (6.8%), Potassium: 227.8mg (6.51%), Vitamin C: 4.69mg (5.68%), Vitamin B5: 0.48mg (4.82%),

Magnesium: 18.8mg (4.7%), Fiber: 1.02g (4.09%), Manganese: 0.08mg (3.91%), Vitamin B2: 0.06mg (3.79%), Iron: 0.66mg (3.65%), Zinc: 0.54mg (3.6%), Vitamin B1: 0.05mg (3.54%), Folate: 12.87µg (3.22%), Copper: 0.06mg (2.89%), Vitamin B12: 0.14µg (2.41%), Vitamin E: 0.31mg (2.07%), Calcium: 16.14mg (1.61%)