



Skinny Chicken Caesar Pitas

READY IN



30 min.

SERVINGS



4

CALORIES



192 kcal

Ingredients

- 8 oz chicken breast boneless skinless
- 0.3 cup caesar dressing reduced-fat
- 0.1 teaspoon pepper
- 2 cups the of 1 cos lettuce coarsely chopped
- 0.3 cup carrots shredded (1 small carrot)
- 2 tablespoons parmesan shredded
- 2 6-inch day old pita bread whole wheat cut in half to form pockets (pocket) ()
- 1 plum tomatoes thinly sliced (Roma)

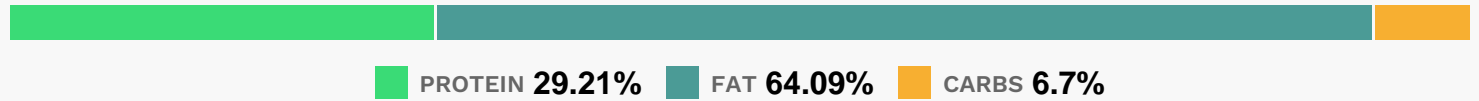
Equipment

- bowl
- oven
- broiler pan

Directions

- Set oven control to broil.
- Brush both sides of chicken with 1 tablespoon of the dressing; sprinkle with pepper.
- Place chicken on rack in broiler pan. Broil 4 to 6 inches from heat 12 to 15 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (170°F). Cool about 5 minutes.
- Cut into thin slices.
- In medium bowl, toss lettuce, carrot and cheese with remaining dressing until coated. Fill each pita bread half with tomato and chicken; top with lettuce mixture.

Nutrition Facts



Properties

Glycemic Index:35.96, Glycemic Load:0.44, Inflammation Score:-9, Nutrition Score:12.989130561766%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 192.11kcal (9.61%), Fat: 13.56g (20.87%), Saturated Fat: 2.47g (15.44%), Carbohydrates: 3.19g (1.06%), Net Carbohydrates: 2.14g (0.78%), Sugar: 1.65g (1.84%), Cholesterol: 45.62mg (15.21%), Sodium: 353.07mg (15.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.91g (27.82%), Vitamin A: 3555.98IU (71.12%), Vitamin K: 47.2µg (44.95%), Vitamin B3: 6.19mg (30.94%), Selenium: 19.34µg (27.64%), Vitamin B6: 0.47mg (23.71%), Phosphorus: 154.71mg (15.47%), Folate: 38.83µg (9.71%), Potassium: 339.83mg (9.71%), Vitamin B5: 0.91mg (9.1%), Vitamin E: 1.21mg (8.08%), Magnesium: 22.64mg (5.66%), Calcium: 54.13mg (5.41%), Vitamin B2: 0.09mg (5.34%), Vitamin C: 4.27mg (5.18%), Manganese: 0.1mg (4.93%), Vitamin B1: 0.07mg (4.59%), Iron: 0.76mg (4.21%), Fiber: 1.05g (4.19%), Zinc: 0.53mg (3.51%), Vitamin B12: 0.15µg (2.49%), Copper: 0.04mg (2.22%)