



Smoky Bacon and Blue Cheese Chicken Salad Pitas

READY IN



45 min.

SERVINGS



4

CALORIES



196 kcal

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 ounce cheese blue crumbled
- ☐ 4 bacon crumbled cooked
- ☐ 0.8 cup yogurt plain fat-free
- ☐ 2 tablespoons mayonnaise light
- ☐ 3 cups romaine lettuce shredded
- ☐ 6 ounces meat from a rotisserie chicken shredded cooked
- ☐ 2 medium tomatoes seeded chopped
- ☐ 4 6-inch pitas whole wheat cut in half ()

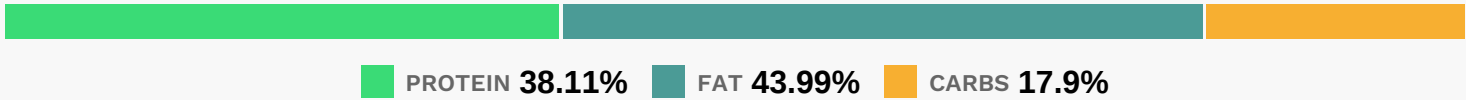
Equipment

☐ bowl

Directions

- ☐ Combine first 4 ingredients, stirring well.
- ☐ Combine lettuce, chicken, bacon, and tomatoes in a medium bowl, stirring well.
- ☐ Drizzle yogurt mixture over chicken mixture; toss gently to coat. Spoon 1/2 cup chicken salad into each pita half.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.7, Inflammation Score:-9, Nutrition Score:15.810000095678%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 196.17kcal (9.81%), Fat: 9.55g (14.7%), Saturated Fat: 3.39g (21.16%), Carbohydrates: 8.75g (2.92%), Net Carbohydrates: 7.14g (2.6%), Sugar: 5.88g (6.53%), Cholesterol: 47.17mg (15.72%), Sodium: 351.21mg (15.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.62g (37.24%), Vitamin A: 3666.52IU (73.33%), Vitamin K: 45.43µg (43.27%), Selenium: 17.97µg (25.68%), Vitamin B3: 4.83mg (24.14%), Phosphorus: 240.82mg (24.08%), Folate: 68.03µg (17.01%), Vitamin B6: 0.33mg (16.6%), Calcium: 154.28mg (15.43%), Vitamin B2: 0.25mg (14.83%), Potassium: 512.6mg (14.65%), Vitamin C: 10.25mg (12.42%), Zinc: 1.73mg (11.56%), Vitamin B5: 1.04mg (10.4%), Vitamin B1: 0.15mg (9.84%), Vitamin B12: 0.58µg (9.62%), Manganese: 0.19mg (9.32%), Magnesium: 34.73mg (8.68%), Iron: 1.23mg (6.81%), Fiber: 1.6g (6.41%), Copper: 0.1mg (5.16%), Vitamin E: 0.59mg (3.94%)