



## Tyson® Grilled and Ready® Chicken Pita Pockets

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



352 kcal

### Ingredients

- 1 teaspoon dill weed dried
- 3 fillet grilled & grilled breast fully cooked tyson® ready®
- 1 cup mushrooms fresh sliced
- 1 cup lettuce shredded
- 1 medium onion separated thinly sliced
- 4 large pita bread pockets halved
- 0.8 cup salad dressing ranch-style
- 2 tablespoons vegetable oil

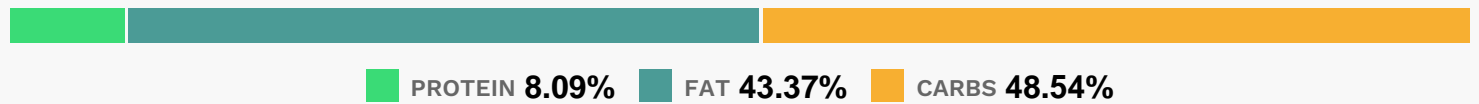
# Equipment

- bowl
- frying pan

# Directions

- Blend salad dressing and dill in a small bowl. Set aside.
- Cook chicken according to package directions. Dice.
- Heat oil in large nonstick skillet over medium.
- Add mushrooms and onion; cook 3 to 5 minutes or until vegetables are tender.
- Add chicken and stir.

# Nutrition Facts



# Properties

Glycemic Index:47, Glycemic Load:31.98, Inflammation Score:-3, Nutrition Score:8.6730435108361%

# Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg

# Nutrients (% of daily need)

Calories: 351.53kcal (17.58%), Fat: 16.99g (26.14%), Saturated Fat: 2.47g (15.45%), Carbohydrates: 42.78g (14.26%), Net Carbohydrates: 40.5g (14.73%), Sugar: 6.75g (7.51%), Cholesterol: 0.64mg (0.21%), Sodium: 764.32mg (33.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.13g (14.26%), Vitamin K: 41.63µg (39.65%), Manganese: 0.38mg (19.08%), Vitamin B1: 0.21mg (14%), Vitamin B3: 2.37mg (11.87%), Vitamin E: 1.56mg (10.42%), Copper: 0.2mg (10.12%), Phosphorus: 100.09mg (10.01%), Vitamin B2: 0.17mg (9.89%), Fiber: 2.28g (9.11%), Potassium: 261.05mg (7.46%), Iron: 1.34mg (7.43%), Folate: 28.95µg (7.24%), Calcium: 72.19mg (7.22%), Vitamin B5: 0.65mg (6.55%), Magnesium: 25.32mg (6.33%), Vitamin B6: 0.12mg (6.14%), Zinc: 0.75mg (4.99%), Selenium: 3.48µg (4.97%), Vitamin C: 3.34mg (4.05%), Vitamin A: 121.56IU (2.43%)