

Sesame Chicken in Pitas

Easy Summer Entertaining (1991)

Kraft General Foods, Inc.

Servings: 2

*1/2 cup Miracle Whip®
1 tablespoon soy sauce
1 tablespoon sesame seeds
1 teaspoon sesame oil (optional)
1/2 teaspoon ground ginger
1 cup cooked chicken, chopped
1/2 cup pea pods, chopped
1/2 cup chopped red pepper
1/4 cup cashews
2 whole wheat pita bread rounds, cut
in half*

Preparation Time: 15 minutes

In a bowl, mix together the Miracle Whip, soy sauce, sesame seeds, sesame oil and ginger until well blended.

Add the chicken, pea pods, red pepper and cashews. Mix well.

Spoon into the pita pockets.

Per Serving (excluding unknown items): 534 Calories; 41g Fat (68.9% calories from fat); 26g Protein; 16g Carbohydrate; 2g Dietary Fiber; 79mg Cholesterol; 952mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 7 1/2 Fat; 1/2 Other Carbohydrates.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	534
% Calories from Fat:	68.9%
% Calories from Carbohydrates:	11.8%
% Calories from Protein:	19.3%
Total Fat (g):	41g
Saturated Fat (g):	7g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	79mg
Carbohydrate (g):	16g
Dietary Fiber (g):	2g
Protein (g):	26g

Vitamin B6 (mg):	.5mg
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	26mcg
Niacin (mg):	10mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	3 1/2

Sodium (mg): 952mg
Potassium (mg): 334mg
Calcium (mg): 70mg
Iron (mg): 3mg
Zinc (mg): 2mg
Vitamin C (mg): 9mg
Vitamin A (i.u.): 44IU
Vitamin A (r.e.): 8 1/2RE

Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 7 1/2
Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 2

Amount Per Serving

Calories 534 Calories from Fat: 368

% Daily Values*

Total Fat	41g	64%
Saturated Fat	7g	34%
Cholesterol	79mg	26%
Sodium	952mg	40%
Total Carbohydrates	16g	5%
Dietary Fiber	2g	8%
Protein	26g	
Vitamin A		1%
Vitamin C		16%
Calcium		7%
Iron		15%

* Percent Daily Values are based on a 2000 calorie diet.