

Recipe Analyzer Results

A single serving of this recipe has 420 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 6

Amount per serving

Calories 420

% Daily Value*

Total Fat 7.9g 10%

Saturated Fat 1.9g 10%

Cholesterol 55mg 18%

Sodium 698mg 30%

Total Carbohydrate 55.2g 20%

Dietary Fiber 8.5g 30%

Total Sugars 11.4g

Protein 37.2g

Vitamin D 2mcg 10%

Calcium 768mg 59%

Iron 5mg 26%

Ingredients:

- 750 ml (3 cups) shredded cooked chicken breast meat (about 330 g/11 oz)
- 2 green onions, thinly sliced
- 1 small red bell pepper, diced
- 45 ml (3 tbsp) chopped fresh cilantro or basil
- 2 ml (1/2 tsp) grated lemon rind
- 30 ml (2 tbsp) lemon juice
- 45 ml (3 tbsp) 0% fat plain Greek yogurt
- 30 ml (2 tbsp) light mayonnaise
- 1 ml (1/4 tsp) fresh ground pepper
- 12 thin slices dense pumpernickel rye bread or whole grain bread
- 6 leaves lettuce

Potassium 261mg

6%

Nutrition Facts

Servings: 6

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**