



Broiled Greek Chicken with Pitas

READY IN



30 min.

SERVINGS



4

CALORIES



680 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cherry tomatoes halved
- ☐ 2 cucumbers peeled halved lengthwise seeded cut into 1/4-inch slices
- ☐ 1 tablespoon mint leaves fresh finely chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.3 cup olive oil
- ☐ 8 small pita breads
- ☐ 1 cup yogurt plain greek-style
- ☐ 4 servings salt and pepper

☐ 1.5 pounds chicken breasts boneless skinless cut into 1-inch pieces

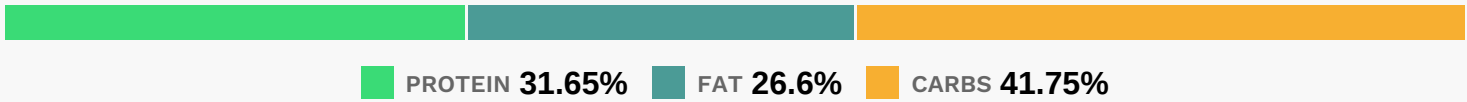
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler
- ☐ skewers
- ☐ metal skewers

Directions

- ☐ Preheat broiler to medium.
- ☐ Place rack 4 inches from heat source. Line a rimmed baking sheet with foil.
- ☐ Combine oil, garlic, lemon zest and 1 tsp. salt in a large ziplock bag.
- ☐ Add chicken, seal, and toss to coat. Set aside while broiler heats. In a medium bowl, mix cucumbers, yogurt and mint; season with salt and pepper.
- ☐ Thread chicken on 4 metal skewers.
- ☐ Place skewers on baking sheet and broil, turning once, until chicken is cooked through, 12 to 15 minutes total.
- ☐ Serve chicken skewers with cucumber mixture, cherry tomatoes and pitas on the side.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:58.59, Inflammation Score:-7, Nutrition Score:29.929565196452%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol:

0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 679.8kcal (33.99%), Fat: 19.74g (30.36%), Saturated Fat: 3.1g (19.36%), Carbohydrates: 69.7g (23.23%), Net Carbohydrates: 65.74g (23.91%), Sugar: 4.67g (5.19%), Cholesterol: 111.36mg (37.12%), Sodium: 1017.46mg (44.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.84g (105.68%), Vitamin B3: 20.53mg (102.67%), Selenium: 59.93µg (85.62%), Vitamin B6: 1.47mg (73.56%), Phosphorus: 579.04mg (57.9%), Manganese: 0.76mg (37.88%), Vitamin B5: 3.46mg (34.57%), Potassium: 1133.57mg (32.39%), Vitamin B1: 0.48mg (32.21%), Vitamin B2: 0.47mg (27.67%), Magnesium: 101.65mg (25.41%), Vitamin C: 16.84mg (20.42%), Vitamin K: 20.34µg (19.37%), Copper: 0.39mg (19.31%), Calcium: 192.1mg (19.21%), Zinc: 2.53mg (16.88%), Vitamin E: 2.53mg (16.85%), Iron: 2.99mg (16.59%), Folate: 64.56µg (16.14%), Fiber: 3.96g (15.84%), Vitamin B12: 0.69µg (11.5%), Vitamin A: 396.67IU (7.93%), Vitamin D: 0.17µg (1.13%)