



Chicken and Dill Souvlaki

READY IN



10 min.

SERVINGS



4

CALORIES



777 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 kirby cucumbers sliced into thin half-moons
- 4 flat breads
- 2 tablespoons optional: dill fresh chopped
- 4 servings kosher salt and pepper
- 3 tablespoons juice of lemon fresh
- 3 tablespoons olive oil extra-virgin
- 0.5 cup yogurt plain greek-style
- 2.5 pound rotisserie chicken cut sliced
- 0.5 small onion sweet thinly sliced (such as Vidalia)

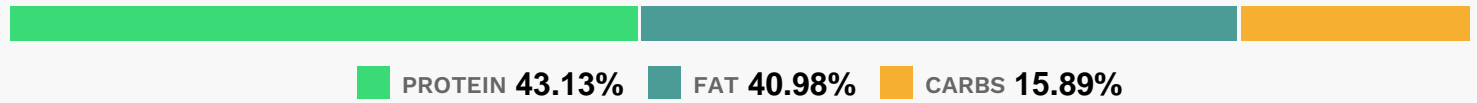
Equipment

bowl

Directions

In a large bowl, combine the oil, lemon juice, 3/4 teaspoon salt, and 1/4 teaspoon pepper. Fold in the chicken, cucumbers, onion, and dill. Divide the chicken mixture evenly among the flat breads and serve with the yogurt.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:21.36, Inflammation Score:-2, Nutrition Score:8.1539130450591%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg

Nutrients (% of daily need)

Calories: 776.93kcal (38.85%), Fat: 35.44g (54.52%), Saturated Fat: 8.33g (52.08%), Carbohydrates: 30.91g (10.3%), Net Carbohydrates: 28.57g (10.39%), Sugar: 5.91g (6.56%), Cholesterol: 276.14mg (92.05%), Sodium: 1412.76mg (61.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 83.93g (167.85%), Manganese: 0.34mg (16.95%), Vitamin K: 17.31µg (16.48%), Vitamin C: 11.46mg (13.89%), Vitamin B1: 0.18mg (12.13%), Folate: 44.81µg (11.2%), Phosphorus: 111.6mg (11.16%), Vitamin E: 1.6mg (10.67%), Potassium: 361.91mg (10.34%), Calcium: 102.05mg (10.2%), Copper: 0.2mg (10.09%), Fiber: 2.34g (9.36%), Magnesium: 36.59mg (9.15%), Vitamin B6: 0.16mg (7.96%), Vitamin B2: 0.13mg (7.67%), Vitamin B5: 0.69mg (6.94%), Iron: 1.1mg (6.09%), Zinc: 0.83mg (5.56%), Vitamin B3: 1mg (5.02%), Vitamin A: 154.84IU (3.1%), Vitamin B12: 0.11µg (1.89%), Selenium: 1.04µg (1.49%)