



Chicken Fattoosh Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



235 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black
- 1 teaspoon bottled garlic minced
- 0.3 cup cherry tomatoes finely chopped
- 2 cups cherry tomatoes halved
- 1 pound chicken breast tenders cut into 1/2-inch pieces
- 0.3 cup cooking wine dry white
- 3 tablespoons mint leaves fresh chopped
- 0.3 cup juice of lemon

- 2 teaspoons olive oil
- 2 7-inch pitas cut into 1/2-inch pieces ()
- 0.3 teaspoon salt
- 1 cup ready-to-eat soybeans shelled (such as Melissa's)
- 0.5 cup vidalia sweet vertically sliced

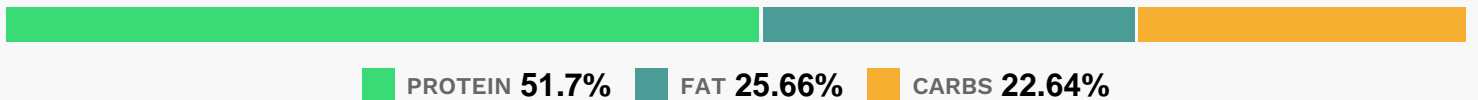
Equipment

- frying pan
- baking sheet
- broiler

Directions

- Preheat broiler.
- Arrange the pitas in a single layer on a baking sheet, and broil 2 minutes or until toasted.
- Heat oil in a large nonstick skillet over medium-high heat.
- Sprinkle the chicken with salt and pepper.
- Add chicken to pan; saut 2 minutes or until done.
- Add soybeans, chopped tomatoes, wine, lemon juice, and garlic; cook 1 minute or until thoroughly heated, stirring constantly.
- Combine the chicken mixture, toasted pitas, halved tomatoes, onion, and mint, tossing gently.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:0.45, Inflammation Score:-7, Nutrition Score:16.726956336395%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate:

0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 1.9mg, Eriodictyol: 1.9mg, Eriodictyol: 1.9mg, Eriodictyol: 1.9mg Hesperetin: 2.65mg, Hesperetin: 2.65mg, Hesperetin: 2.65mg, Hesperetin: 2.65mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg

Nutrients (% of daily need)

Calories: 235.27kcal (11.76%), Fat: 6.37g (9.8%), Saturated Fat: 0.95g (5.94%), Carbohydrates: 12.64g (4.21%), Net Carbohydrates: 9.96g (3.62%), Sugar: 4.63g (5.15%), Cholesterol: 72.57mg (24.19%), Sodium: 292.73mg (12.73%), Alcohol: 1.54g (100%), Alcohol %: 0.67% (100%), Protein: 28.87g (57.75%), Vitamin B3: 12.41mg (62.07%), Selenium: 37.02µg (52.89%), Vitamin B6: 0.98mg (48.85%), Vitamin C: 28.91mg (35.05%), Phosphorus: 276.26mg (27.63%), Potassium: 848.1mg (24.23%), Vitamin B5: 1.79mg (17.94%), Iron: 2.34mg (12.98%), Vitamin A: 605.07IU (12.1%), Magnesium: 44.9mg (11.23%), Manganese: 0.22mg (11.17%), Fiber: 2.68g (10.72%), Vitamin B2: 0.15mg (8.97%), Vitamin B1: 0.12mg (8.16%), Folate: 27.69µg (6.92%), Vitamin E: 1mg (6.68%), Calcium: 64.12mg (6.41%), Copper: 0.13mg (6.32%), Zinc: 0.89mg (5.93%), Vitamin K: 4.12µg (3.93%), Vitamin B12: 0.23µg (3.78%)