



Chicken Greek-a-Tikka Salad with Parsley-Feta Pesto

READY IN



32 min.

SERVINGS



4

CALORIES



1094 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 ribs celery chopped
- 2 pounds meat chicken white cubed
- 0.5 cucumber seedless chopped
- 0.5 cup feta crumbles
- 1 cup flat-leaf parsley leaves
- 1 clove garlic
- 1 tablespoon grill seasoning (recommended: McCormick Montreal Seasoning)
- 1 teaspoon ground coriander

- 1 teaspoon ground cumin
- 1 juice of lemon juiced
- 0.5 cup kalamata olives pitted
- 0.3 cup olive oil extra-virgin
- 4 servings olive oil extra-virgin for drizzling
- 1 teaspoon oregano dried
- 1 teaspoon coarse pepper black
- 6 pepperoncini peppers hot chopped
- 4 pitas
- 1 cup yogurt plain
- 0.5 onion red chopped
- 1 heart romaine lettuce chopped
- 4 servings salt and pepper
- 2 vine tomatoes ripe chopped
- 3 tablespoons walnuts chopped

Equipment

- food processor
- bowl
- oven
- grill
- aluminum foil
- toaster
- grill pan
- metal skewers

Directions

- Special equipment: metal skewers
- Preheat a grill pan to high heat.

- Heat a toaster oven or oven to 250 degrees F.
- Wrap breads in foil and place in oven to warm.
- Combine yogurt and next 4 ingredients. Coat chicken in mixture then thread meat onto metal skewers.
- Brush grill pan with oil and grill meat 5 to 6 minutes on each side.
- Combine chopped lettuce, chopped veggies, olives and hot peppers on a large platter or in a serving bowl. Dress the salad very lightly in lemon juice and extra-virgin olive oil and salt and pepper.
- Place all ingredients for pesto in the food processor except extra-virgin olive oil. Turn processor on and stream in extra-virgin olive oil.
- Remove bread from oven and cut into wedges.
- Place grilled meat on salad and top liberally with pesto.
- Place cut flat breads or pita wedges around the platter or serving bowl and serve.

Nutrition Facts

PROTEIN 20.26% **FAT 62.67%** **CARBS 17.07%**

Properties

Glycemic Index:91, Glycemic Load:31.24, Inflammation Score:-10, Nutrition Score:40.9765221036%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Apigenin: 33.2mg, Apigenin: 33.2mg, Apigenin: 33.2mg, Apigenin: 33.2mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 2.32mg, Myricetin: 2.32mg, Myricetin: 2.32mg, Myricetin: 2.32mg Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg

Nutrients (% of daily need)

Calories: 1094.1kcal (54.7%), Fat: 76.59g (117.83%), Saturated Fat: 18.39g (114.91%), Carbohydrates: 46.94g (15.65%), Net Carbohydrates: 41.11g (14.95%), Sugar: 7.14g (7.93%), Cholesterol: 194.75mg (64.92%), Sodium: 1199.58mg (52.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.72g (111.45%), Vitamin K: 307.33µg (292.7%), Vitamin B3: 18mg (90.01%), Vitamin A: 3180.47IU (63.61%), Vitamin C: 51.5mg (62.43%), Phosphorus: 595.79mg

(59.58%), Vitamin B6: 1.17mg (58.37%), Selenium: 38.12µg (54.45%), Manganese: 0.97mg (48.59%), Vitamin E: 6.2mg (41.31%), Vitamin B2: 0.67mg (39.23%), Zinc: 5.15mg (34.32%), Calcium: 338.77mg (33.88%), Iron: 5.88mg (32.66%), Potassium: 1126.42mg (32.18%), Vitamin B5: 3.13mg (31.31%), Magnesium: 120.45mg (30.11%), Vitamin B1: 0.45mg (29.91%), Folate: 111.35µg (27.84%), Copper: 0.49mg (24.62%), Fiber: 5.83g (23.34%), Vitamin B12: 1.25µg (20.78%), Vitamin D: 0.59µg (3.93%)