



## Chicken Gyro

READY IN



30 min.

SERVINGS



30

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup knudsen cream sour
- 0.8 cup cucumbers peeled seeded chopped
- 1 Tbsp optional: dill fresh chopped
- 1 clove garlic minced
- 1 Tbsp juice of lemon
- 1 onion chopped
- 4 pita breads cut in half
- 1 lb chicken breasts boneless skinless cut into thin strips
- 0.3 cup greek vinaigrette dressing divided kraft

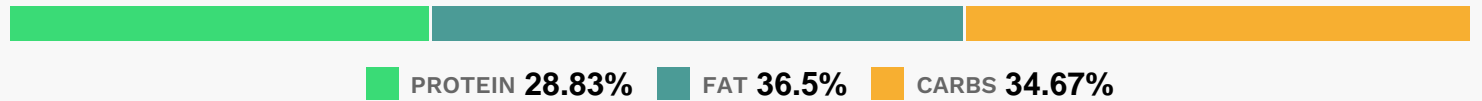
# Equipment

- frying pan

# Directions

- Combine first 5 ingredients. Refrigerate until ready to serve.
- Cook and stir chicken in 2 Tbsp. dressing in large nonstick skillet on medium-high heat 6 to 8 min. or until chicken is done.
- Remove from skillet; set aside.
- Add onions and remaining dressing to skillet; cook 5 min. or until onions are crisp-tender, stirring occasionally. Return chicken to skillet; cook 2 to 3 min. or until heated through, stirring occasionally.
- Spoon chicken mixture into pita bread halves.
- Serve topped with cucumber mixture.

# Nutrition Facts



# Properties

Glycemic Index:6.13, Glycemic Load:3.97, Inflammation Score:-1, Nutrition Score:2.2595651995229%

# Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

# Nutrients (% of daily need)

Calories: 56.84kcal (2.84%), Fat: 2.28g (3.51%), Saturated Fat: 0.68g (4.23%), Carbohydrates: 4.87g (1.62%), Net Carbohydrates: 4.62g (1.68%), Sugar: 0.4g (0.44%), Cholesterol: 11.94mg (3.98%), Sodium: 59.01mg (2.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.1%), Vitamin B3: 1.75mg (8.74%), Selenium: 5.05µg (7.21%), Vitamin B6: 0.12mg (6.25%), Phosphorus: 43.87mg (4.39%), Vitamin B5: 0.27mg (2.72%), Manganese: 0.05mg (2.38%), Potassium: 80.75mg (2.31%), Vitamin K: 2.4µg (2.29%), Vitamin B1: 0.03mg (2.23%), Vitamin B2: 0.03mg (1.81%), Magnesium: 7.08mg (1.77%), Calcium: 12.6mg (1.26%), Zinc: 0.18mg (1.18%), Copper: 0.02mg (1.08%),

Fiber: 0.25g (1.02%), Vitamin C: 0.83mg (1.01%), Iron: 0.18mg (1.01%)