



Chicken Pitas with Yogurt-Dill Sauce

READY IN



25 min.

SERVINGS



4

CALORIES



185 kcal

Ingredients

- ☐ 1 ounce feta cheese crumbled
- ☐ 1.5 teaspoons optional: dill fresh chopped
- ☐ 1.3 cups lettuce shredded
- ☐ 1 tablespoon juice of lemon
- ☐ 1 teaspoon juice of lemon
- ☐ 0.8 cup yogurt plain low-fat
- ☐ 2 teaspoons olive oil
- ☐ 1 small onion sliced
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.1 teaspoon paprika

- ☐ 0.3 teaspoon paprika
- ☐ 0.3 teaspoon pepper
- ☐ 4 6-inch wholewheat pita breads warmed ()
- ☐ 0.8 teaspoon salt divided
- ☐ 12 ounce chicken breast halves boneless skinless
- ☐ 1 cup tomatoes chopped

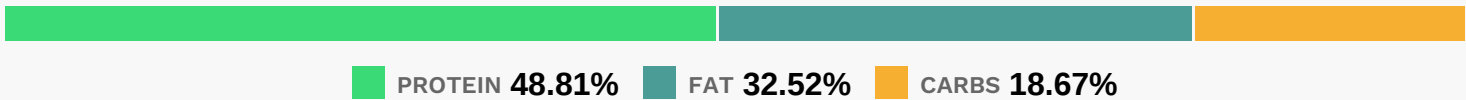
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine yogurt, 1 teaspoon lemon juice, dill, 1/4 teaspoon salt, and 1/8 teaspoon paprika in a bowl; cover and chill.
- ☐ Sprinkle chicken with oregano, pepper, remaining 1/2 teaspoon salt, and 1/4 teaspoon paprika.
- ☐ Heat oil in a nonstick skillet over medium heat; add chicken, and cook 5 minutes on each side or until done.
- ☐ Transfer chicken to a plate; cover and keep warm.
- ☐ Add onion to pan and cook 7 minutes or until browned; stir frequently.
- ☐ Cut chicken into 1/4-inch-thick slices and return to pan with onion.
- ☐ Sprinkle with 1 tablespoon lemon juice. Cook 2 to 3 minutes or until thoroughly heated.
- ☐ Arrange lettuce and tomato evenly over pitas; top evenly with chicken mixture.
- ☐ Drizzle each with 2 tablespoons yogurt sauce.
- ☐ Sprinkle with 3 teaspoons feta cheese.
- ☐ Roll up.

Nutrition Facts



Properties

Glycemic Index:75.75, Glycemic Load:1.5, Inflammation Score:-7, Nutrition Score:14.184782577598%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

Nutrients (% of daily need)

Calories: 184.79kcal (9.24%), Fat: 6.63g (10.2%), Saturated Fat: 2.2g (13.72%), Carbohydrates: 8.56g (2.85%), Net Carbohydrates: 7.29g (2.65%), Sugar: 5.58g (6.21%), Cholesterol: 63.5mg (21.17%), Sodium: 658.29mg (28.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.38g (44.76%), Vitamin B3: 9.32mg (46.61%), Selenium: 29.94µg (42.77%), Vitamin B6: 0.76mg (38.01%), Phosphorus: 290mg (29%), Potassium: 590.06mg (16.86%), Vitamin B5: 1.65mg (16.48%), Vitamin B2: 0.27mg (15.69%), Calcium: 141.83mg (14.18%), Vitamin C: 10.43mg (12.65%), Vitamin A: 610.46IU (12.21%), Vitamin K: 12.3µg (11.71%), Magnesium: 40.61mg (10.15%), Vitamin B12: 0.55µg (9.12%), Zinc: 1.26mg (8.43%), Vitamin B1: 0.12mg (8.15%), Manganese: 0.15mg (7.5%), Folate: 28.6µg (7.15%), Vitamin E: 0.83mg (5.55%), Fiber: 1.27g (5.09%), Iron: 0.81mg (4.51%), Copper: 0.07mg (3.67%)