



Chicken Shawarma



Dairy Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tsp allspice
- ☐ 1 sheet baking mix
- ☐ 1 pinch ground pepper
- ☐ 0.3 tsp cinnamon
- ☐ 2 tsp cumin
- ☐ 6 tbsp olive oil extra virgin divided
- ☐ 0.3 tsp garlic powder
- ☐ 2 tsp paprika

- ☐ 6 servings salt and pepper black
- ☐ 1 lb chicken breast boneless skinless (2 large breasts)
- ☐ 1 lb chicken thighs boneless skinless (4 large thighs)
- ☐ 0.8 tsp turmeric

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ plastic wrap
- ☐ grill
- ☐ aluminum foil
- ☐ spatula
- ☐ tongs

Directions

- ☐ Save Recipe
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- ☐ Chicken Shawarma
- ☐ Ingredients1 lb boneless skinless chicken breasts (2 large breasts)1 lb boneless skinless chicken thighs (4 large thighs)6 tbsp extra virgin olive oil, divided2 tsp cumin2 tsp paprika1 tsp allspice3/4 tsp turmeric1/4 tsp garlic powder1/4 tsp cinnamon
- ☐ Pinch of cayenne
- ☐ Salt and black pepper
- ☐ Nonstick cooking oil spray
- ☐ You will also need
- ☐ Grill or baking sheet, tongs, skillet, spatula, foil, plastic wrap.
- ☐ Servings: 6
- ☐ Kosher Key: Meat

Nutrition Facts

 **PROTEIN 40.7%**  **FAT 57.45%**  **CARBS 1.85%**

Properties

Glycemic Index:13.67, Glycemic Load:0.07, Inflammation Score:-9, Nutrition Score:15.220434857451%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 307.83kcal (15.39%), Fat: 19.4g (29.84%), Saturated Fat: 3.19g (19.94%), Carbohydrates: 1.41g (0.47%), Net Carbohydrates: 0.87g (0.32%), Sugar: 0.13g (0.14%), Cholesterol: 120.21mg (40.07%), Sodium: 353.26mg (15.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.92g (61.84%), Vitamin B3: 12.25mg (61.25%), Selenium: 41.43µg (59.18%), Vitamin B6: 0.93mg (46.52%), Phosphorus: 308.58mg (30.86%), Vitamin B5: 2.01mg (20.07%), Vitamin E: 2.56mg (17.05%), Potassium: 507.38mg (14.5%), Vitamin B2: 0.22mg (13.12%), Zinc: 1.68mg (11.17%), Vitamin K: 11.52µg (10.97%), Vitamin B12: 0.64µg (10.59%), Magnesium: 42.04mg (10.51%), Iron: 1.73mg (9.6%), Vitamin A: 435.88IU (8.72%), Vitamin B1: 0.13mg (8.37%), Manganese: 0.11mg (5.51%), Copper: 0.08mg (3.95%), Calcium: 22.91mg (2.29%), Fiber: 0.54g (2.16%), Folate: 7µg (1.75%), Vitamin C: 1.18mg (1.43%)