



Chicken Shawarma

READY IN



45 min.

SERVINGS



4

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon curry powder
- ☐ 2 teaspoons olive oil extravirgin
- ☐ 1 garlic clove minced
- ☐ 3 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 4 6-inch pitas ()
- ☐ 0.5 cup greek yogurt plain 2% reduced-fat (such as Fage)

- ☐ 1 cup romaine lettuce chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.8 teaspoon salt
- ☐ 1 pound chicken breast boneless skinless cut into 16 (3-inch) strips
- ☐ 2 tablespoons tahini
- ☐ 8 slices tomatoes (1/4-inch-thick)

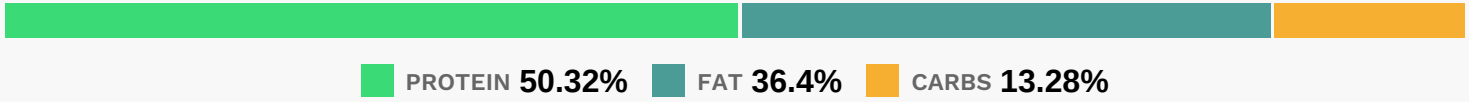
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ skewers

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ To prepare chicken, combine first 6 ingredients in a medium bowl.
- ☐ Add chicken to bowl; toss well to coat.
- ☐ Let stand at room temperature 20 minutes.
- ☐ To prepare sauce, combine yogurt and next 4 ingredients (through 1 garlic clove), stirring with a whisk.
- ☐ Thread 2 chicken strips onto each of 8 (12-inch) skewers.
- ☐ Place kebabs on a grill rack coated with cooking spray; grill 4 minutes on each side or until done.
- ☐ Place pitas on grill rack; grill 1 minute on each side or until lightly toasted.
- ☐ Place 1 pita on each of 4 plates; top each serving with 1/4 cup lettuce and 2 tomato slices. Top each serving with 4 chicken pieces; drizzle each serving with 2 tablespoons sauce.

Nutrition Facts



Properties

Glycemic Index:51.25, Glycemic Load:1.36, Inflammation Score:-8, Nutrition Score:18.526086859081%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 230.3kcal (11.52%), Fat: 9.32g (14.34%), Saturated Fat: 1.55g (9.66%), Carbohydrates: 7.65g (2.55%), Net Carbohydrates: 6.1g (2.22%), Sugar: 2.68g (2.98%), Cholesterol: 73.82mg (24.61%), Sodium: 734.87mg (31.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29g (58%), Vitamin B3: 12.74mg (63.71%), Selenium: 41.93µg (59.89%), Vitamin B6: 0.98mg (48.87%), Phosphorus: 357.22mg (35.72%), Vitamin A: 1522.26IU (30.45%), Potassium: 682.11mg (19.49%), Vitamin B5: 1.8mg (17.98%), Vitamin C: 14.43mg (17.49%), Vitamin K: 18.3µg (17.43%), Vitamin B1: 0.24mg (15.98%), Vitamin B2: 0.22mg (12.87%), Magnesium: 50.75mg (12.69%), Copper: 0.21mg (10.6%), Folate: 40.84µg (10.21%), Manganese: 0.19mg (9.32%), Zinc: 1.34mg (8.92%), Iron: 1.43mg (7.95%), Vitamin B12: 0.4µg (6.7%), Calcium: 65.26mg (6.53%), Vitamin E: 0.95mg (6.32%), Fiber: 1.55g (6.22%)