



Chicken Shawarma with Green Beans and Zucchini

READY IN



45 min.

SERVINGS



6

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon cinnamon
- ☐ 1 garlic minced
- ☐ 0.5 pound green beans
- ☐ 1.5 teaspoons ground allspice
- ☐ 0.3 teaspoon ground coriander
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper white
- ☐ 1.5 teaspoons ground pepper black

- ☐ 6 servings kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 cup yogurt plain low-fat
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 6 6-inch pitas split
- ☐ 0.5 onion red thinly sliced
- ☐ 6 chicken thighs boneless skinless
- ☐ 1 pound zucchini sliced

Equipment

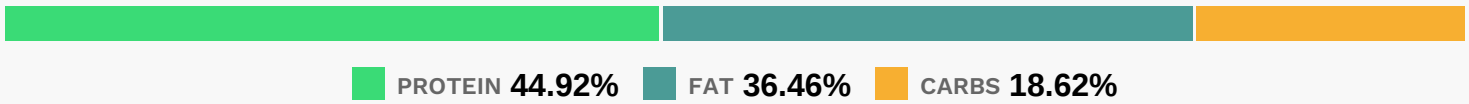
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ broiler

Directions

- ☐ Preheat the oven to 42
- ☐ In a medium bowl, toss the zucchini and green beans with 2 tablespoons of the olive oil and season with salt; spread on a baking sheet. In the same bowl, combine the allspice, black pepper, white pepper, cinnamon, cumin and coriander with 2 tablespoons of the olive oil. Rub the spice paste all over the chicken and season with salt. Arrange the chicken on another baking sheet.
- ☐ Roast the chicken on the lower rack and the vegetables on the upper rack of the oven for 15 minutes, until the vegetables are tender and the chicken is nearly cooked through.
- ☐ Remove the vegetables. Preheat the broiler and broil the chicken on the upper rack, turning once, until crisp and browned, 10 minutes; cut into strips.
- ☐ Meanwhile, heat the remaining 1/4 cup of olive oil in a small skillet.
- ☐ Add the garlic and cook over moderate heat until lightly browned, about 30 seconds.

- ☐
- Remove from the heat and whisk in the yogurt and lemon juice; season with salt.
- ☐
- Arrange the pitas cut side up on a work surface and brush each round with about 1 1/2 teaspoons of the yogurt sauce. Divide the chicken, roasted vegetables and red onion among the pitas and roll the bread around the filling into tight cylinders.
- ☐
- Heat a griddle over moderately high heat. Cook the rolls seam side down until golden and crisp, about 2 minutes. Turn and toast the other side.
- ☐
- Cut each roll in half and serve with the remaining yogurt sauce.

Nutrition Facts



Properties

Glycemic Index:45.33, Glycemic Load:1.84, Inflammation Score:-6, Nutrition Score:17.41869565715%

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: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 228.68kcal (11.43%), Fat: 9.34g (14.36%), Saturated Fat: 2.18g (13.64%), Carbohydrates: 10.73g (3.58%), Net Carbohydrates: 8.38g (3.05%), Sugar: 6.52g (7.25%), Cholesterol: 109.8mg (36.6%), Sodium: 337.86mg (14.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.88g (51.77%), Selenium: 27.46µg (39.23%), Vitamin B6: 0.72mg (36.12%), Vitamin B3: 7.04mg (35.22%), Phosphorus: 320.45mg (32.05%), Vitamin C: 21.5mg (26.06%), Vitamin K: 25.92µg (24.69%), Vitamin B2: 0.4mg (23.79%), Potassium: 686.18mg (19.61%), Vitamin B5: 1.87mg (18.69%), Manganese: 0.37mg (18.29%), Zinc: 2.47mg (16.46%), Vitamin B12: 0.95µg (15.86%), Magnesium: 59.91mg (14.98%), Vitamin B1: 0.2mg (13.04%), Calcium: 123.47mg (12.35%), Folate: 42.92µg (10.73%), Iron: 1.86mg (10.32%), Fiber: 2.35g (9.38%), Vitamin A: 467.23IU (9.34%), Copper: 0.16mg (7.76%), Vitamin E: 1mg (6.66%)