

Chicken Shawarmas

READY IN



25 min.

SERVINGS



4

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 dill pickles
- 1.5 teaspoons garam masala
- 1 clove garlic minced
- 0.5 cup mayonnaise
- 4 wholewheat pita breads
- 2 large chicken breast halves boneless skinless cut into bite-size pieces
- 2 tablespoons butter unsalted

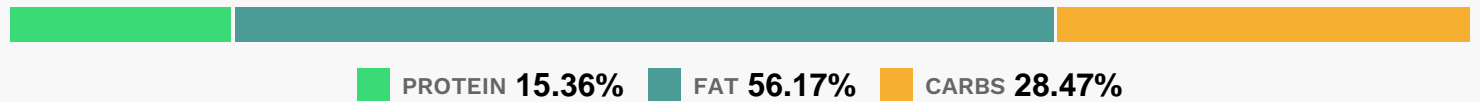
Equipment

- bowl
- frying pan

Directions

- Stir together the garlic and mayonnaise in a small bowl; set aside.
- Heat the butter in a skillet over medium-high heat. Cook and stir the chicken in the hot butter until white on the outside.
- Sprinkle with garam masala, and continue cooking until lightly browned on the outside and no longer pink in the center, about 4 minutes.
- Spread the pita rounds with the garlic mayonnaise. Divide the chicken among the pitas, and place a pickle spear into each. Fold and serve.

Nutrition Facts



Properties

Glycemic Index:44.25, Glycemic Load:29.21, Inflammation Score:-4, Nutrition Score:12.823913004087%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 470.92kcal (23.55%), Fat: 29.13g (44.82%), Saturated Fat: 7.34g (45.86%), Carbohydrates: 33.23g (11.08%), Net Carbohydrates: 31.19g (11.34%), Sugar: 1g (1.11%), Cholesterol: 62.97mg (20.99%), Sodium: 1070.11mg (46.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.92g (35.84%), Vitamin K: 57.18µg (54.45%), Vitamin B3: 7.17mg (35.86%), Selenium: 18.9µg (27%), Vitamin B6: 0.48mg (23.8%), Phosphorus: 192.08mg (19.21%), Manganese: 0.32mg (16.16%), Vitamin B1: 0.22mg (14.73%), Vitamin B5: 1.12mg (11.2%), Potassium: 359.34mg (10.27%), Vitamin B2: 0.16mg (9.2%), Calcium: 91.36mg (9.14%), Magnesium: 34.41mg (8.6%), Vitamin E: 1.27mg (8.44%), Fiber: 2.04g (8.15%), Copper: 0.13mg (6.75%), Iron: 1.22mg (6.75%), Vitamin A: 329.1IU (6.58%), Zinc: 0.93mg (6.18%), Folate: 22.53µg (5.63%), Vitamin C: 2.28mg (2.76%), Vitamin B12: 0.16µg (2.64%), Vitamin D: 0.22µg (1.45%)