



Chicken Souvlaki

READY IN



25 min.

SERVINGS



4

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 small cucumber diced
- 1.5 teaspoons thyme leaves dried
- 0.8 cup feta crumbled
- 4 pieces flat bread
- 1.5 tablespoons optional: dill fresh minced
- 0.3 cup kalamata olives pitted
- 1 tablespoon juice of lemon fresh
- 5 tablespoons olive oil extra-virgin

- 1.5 teaspoons oregano dried
- 0.5 cup yogurt plain
- 0.5 small onion red thinly sliced
- 2.5 teaspoons red wine vinegar
- 4 chicken breasts boneless skinless cut into pieces
- 2 tomatoes cut into wedges

Equipment

- bowl
- frying pan
- oven
- whisk
- aluminum foil

Directions

- Heat oven to 200 F. Wrap the bread in foil and place in oven. In a medium bowl, combine the tomatoes, onion, Feta, and olives. In a large bowl, combine the oregano, thyme, pepper, 1 1/2 teaspoons of the vinegar, and the lemon juice. Slowly add 4 tablespoons of the oil in a steady stream, whisking constantly until incorporated.
- Pour 2 1/2 tablespoons of the vinaigrette over the tomato mixture, toss, and set aside.
- Add the chicken to the remaining vinaigrette, toss, and set aside.
- Heat the remaining oil in a large skillet over medium-high heat.
- Transfer the chicken but not the liquid to the skillet and heat, turning occasionally, until cooked through, about 5 minutes. Meanwhile, in a small bowl, combine the yogurt, cucumber, dill, and the remaining vinegar.
- Spread the bread with some of the yogurt sauce and top with the chicken.
- Add the tomato salad and fold. Tip: Greek souvlaki traditionally calls for lamb, but you can also make it with chicken breasts, turkey cutlets, or shrimp.

Nutrition Facts



■ PROTEIN 28.93% ■ FAT 62.43% ■ CARBS 8.64%

Properties

Glycemic Index:68.75, Glycemic Load:2.11, Inflammation Score:-9, Nutrition Score:21.347826107689%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg 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: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg

Nutrients (% of daily need)

Calories: 417.85kcal (20.89%), Fat: 29.05g (44.69%), Saturated Fat: 7.66g (47.9%), Carbohydrates: 9.04g (3.01%), Net Carbohydrates: 6.99g (2.54%), Sugar: 4.35g (4.83%), Cholesterol: 101.33mg (33.78%), Sodium: 608.34mg (26.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.28g (60.57%), Vitamin B3: 12.59mg (62.93%), Selenium: 41.3µg (59%), Vitamin B6: 1.08mg (53.82%), Phosphorus: 392.24mg (39.22%), Vitamin K: 30.5µg (29.05%), Vitamin B2: 0.43mg (25.14%), Vitamin E: 3.64mg (24.29%), Calcium: 221.97mg (22.2%), Vitamin B5: 2.19mg (21.88%), Potassium: 727.83mg (20.8%), Vitamin C: 14.02mg (16.99%), Vitamin A: 796.57IU (15.93%), Magnesium: 55.96mg (13.99%), Vitamin B12: 0.81µg (13.58%), Zinc: 1.9mg (12.68%), Manganese: 0.23mg (11.71%), Vitamin B1: 0.17mg (11.64%), Iron: 1.83mg (10.17%), Folate: 37.33µg (9.33%), Fiber: 2.05g (8.21%), Copper: 0.13mg (6.73%), Vitamin D: 0.26µg (1.71%)