



Chicken Souvlaki

READY IN



45 min.

SERVINGS



4

CALORIES



189 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 teaspoons bottled garlic divided minced
- 0.5 cup cucumber peeled chopped
- 1 tablespoon olive oil extravirgin divided
- 2 ounces feta cheese crumbled
- 1 tablespoon optional: dill fresh chopped
- 1 cup iceberg lettuce shredded
- 0.5 teaspoon oregano dried
- 4 6-inch pitas cut in half ()
- 0.5 cup yogurt plain greek-style

- 0.5 cup plum tomatoes chopped
- 0.3 cup onion red thinly sliced
- 2 cups roasted boneless skinless sliced

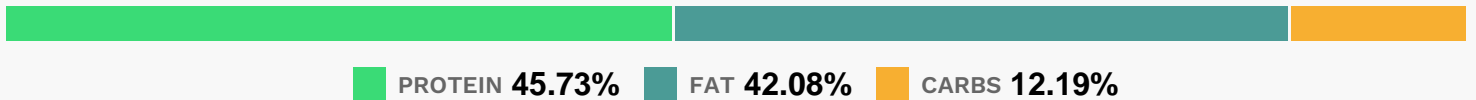
Equipment

- bowl
- frying pan

Directions

- Combine feta cheese, yogurt, dill, 1 teaspoon oil, and 1/4 teaspoon garlic in a small bowl, stirring well.
- Heat remaining 2 teaspoons olive oil in a large skillet over medium-high heat.
- Add remaining 1 teaspoon garlic and oregano to pan, and saut for 20 seconds.
- Add chicken, and cook for 2 minutes or until thoroughly heated.
- Place 1/4 cup chicken mixture in each pita half, and top with 2 tablespoons yogurt mixture, 2 tablespoons shredded lettuce, 1 tablespoon cucumber, and 1 tablespoon tomato. Divide onion evenly among pitas.

Nutrition Facts



Properties

Glycemic Index:71.5, Glycemic Load:1.46, Inflammation Score:-6, Nutrition Score:12.809565300527%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 188.88kcal (9.44%), Fat: 8.74g (13.44%), Saturated Fat: 2.85g (17.78%), Carbohydrates: 5.69g (1.9%), Net Carbohydrates: 4.67g (1.7%), Sugar: 2.63g (2.92%), Cholesterol: 61.87mg (20.62%), Sodium: 267.42mg (11.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.36g (42.71%), Vitamin B3: 8.28mg (41.38%), Selenium: 28.92µg (41.31%), Vitamin B6: 0.71mg (35.6%), Phosphorus: 260.15mg (26.02%), Vitamin B2: 0.29mg (16.83%), Vitamin B5: 1.4mg (13.99%), Potassium: 465.61mg (13.3%), Calcium: 120.13mg (12.01%), Vitamin K: 12µg (11.43%), Vitamin B12: 0.56µg (9.41%), Vitamin A: 444.31IU (8.89%), Vitamin C: 7.31mg (8.86%), Magnesium: 33.83mg (8.46%), Zinc: 1.13mg (7.55%), Vitamin B1: 0.11mg (7.31%), Manganese: 0.14mg (7.17%), Vitamin E: 0.92mg (6.14%), Folate: 24.2µg (6.05%), Iron: 0.76mg (4.21%), Fiber: 1.02g (4.08%), Copper: 0.07mg (3.74%)