



Chicken Souvlaki

READY IN



45 min.

SERVINGS



4

CALORIES



662 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup olives black such as kalamata, halved and pitted
- ☐ 6 tablespoons butter at room temperature
- ☐ 1 cucumber grated peeled halved lengthwise seeded
- ☐ 0.3 teaspoon dill dried
- ☐ 1 clove garlic minced
- ☐ 4 servings pepper black
- ☐ 1.5 teaspoons juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion cut into thin wedges

- ☐ 1 tablespoon oregano dried
- ☐ 4 wholewheat pita breads
- ☐ 2 cups yogurt plain
- ☐ 1.3 teaspoons salt
- ☐ 1.3 pounds chicken breast boneless skinless cut into 1-inch cubes (4)
- ☐ 2 tomatoes cut into thin wedges

Equipment

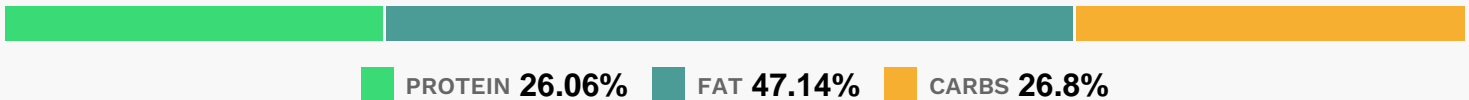
- ☐ bowl
- ☐ paper towels
- ☐ sieve
- ☐ grill
- ☐ broiler
- ☐ skewers
- ☐ cheesecloth

Directions

- ☐ Put the yogurt in a strainer lined with cheesecloth, a coffee filter, or a paper towel and set it over a bowl.
- ☐ Let drain in the refrigerator for 15 minutes. In a medium glass or stainless-steel bowl, combine the cucumber with 1 teaspoon of the salt; let sit for about 15 minutes. Squeeze the cucumber to remove the liquid.
- ☐ Put the cucumber back in the bowl and stir in the drained yogurt, the garlic, 1/8 teaspoon of pepper, and the dill.
- ☐ Light the grill or heat the broiler. In a small glass or stainless-steel bowl, combine the oil, lemon juice, oregano, the remaining 1/4 teaspoon of salt, and 1/4 teaspoon of pepper. Toss the chicken cubes in the oil mixture and thread them onto skewers. Grill the chicken over high heat or broil, turning once, until done, about 5 minutes in all.
- ☐ Transfer the chicken to a plate.
- ☐ Spread both sides of the pitas with the butter and grill or broil, turning once, until golden, about 4 minutes in all.

- ☐ Cut into quarters.
- ☐ To serve, put the pitas on plates and top with the onion, tomatoes, and chicken skewers with any accumulated juices.
- ☐ Serve with the tzatziki and olives.
- ☐ Wine Recommendation: This traditional Greek preparation goes with a number of choices to suit the occasion and your taste. Look for a very fruity red such as a Beaujolais, a sparkling wine from California, or a sauvignon blanc from northern Italy.

Nutrition Facts



Properties

Glycemic Index:78.25, Glycemic Load:31.4, Inflammation Score:-9, Nutrition Score:27.989565118499%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg

Nutrients (% of daily need)

Calories: 662.17kcal (33.11%), Fat: 34.65g (53.31%), Saturated Fat: 15.56g (97.27%), Carbohydrates: 44.33g (14.78%), Net Carbohydrates: 40.58g (14.76%), Sugar: 9.28g (10.31%), Cholesterol: 157.84mg (52.61%), Sodium: 1575.17mg (68.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.11g (86.21%), Vitamin B3: 17.58mg (87.89%), Selenium: 51.72µg (73.89%), Vitamin B6: 1.33mg (66.39%), Phosphorus: 532.93mg (53.29%), Potassium: 1123.88mg (32.11%), Vitamin B5: 3.16mg (31.55%), Manganese: 0.54mg (26.83%), Vitamin A: 1327.93IU (26.56%), Calcium: 259.02mg (25.9%), Vitamin B2: 0.43mg (25.33%), Vitamin K: 24.67µg (23.49%), Magnesium: 91.89mg (22.97%), Vitamin B1: 0.34mg (22.92%), Vitamin E: 2.88mg (19.17%), Vitamin C: 15.57mg (18.87%), Zinc: 2.4mg (16.02%), Fiber: 3.75g (15%), Folate: 55.46µg (13.86%), Copper: 0.27mg (13.42%), Iron: 2.39mg (13.29%), Vitamin B12: 0.79µg (13.19%), Vitamin D: 0.27µg (1.82%)