



Chicken Souvlaki

 Popular

READY IN



15 min.

SERVINGS



4

CALORIES



911 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 batch chicken souvlaki
- ☐ 1 pound chicken breast cut into bite sized pieces
- ☐ 0.5 cup feta crumbled
- ☐ 2 cloves garlic chopped
- ☐ 1 juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 1 teaspoon oregano
- ☐ 0.3 teaspoon pepper

- ☐ 4 pitas
- ☐ 0.3 cup onion red sliced
- ☐ 2 roasted peppers red sliced
- ☐ 0.3 teaspoon salt
- ☐ 2 tomatoes sliced
- ☐ 0.3 cup tzatziki
- ☐ 1 tablespoon yogurt

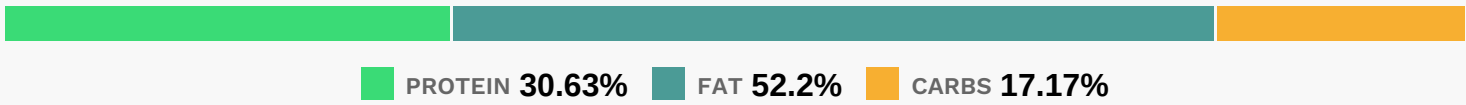
Equipment

- ☐ grill
- ☐ skewers

Directions

- ☐ Mix all of the ingredients, place them in a sealed container along with the chicken and let marinate in the fridge for 30 minutes to overnight.Skewer the meat, and grill over medium-high heat until cooked, about 2-4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:68.75, Glycemic Load:30.3, Inflammation Score:-9, Nutrition Score:32.86260853643%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 910.85kcal (45.54%), Fat: 52.19g (80.29%), Saturated Fat: 13.94g (87.13%), Carbohydrates: 38.62g (12.87%), Net Carbohydrates: 35.96g (13.08%), Sugar: 2.99g (3.32%), Cholesterol: 235.2mg (78.4%), Sodium: 1257.64mg (54.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 68.9g (137.8%), Vitamin B3: 26.69mg (133.44%), Selenium: 66.99µg (95.7%), Vitamin B6: 1.74mg (86.89%), Phosphorus: 665.53mg (66.55%), Vitamin B5: 3.87mg (38.71%), Vitamin B2: 0.59mg (34.54%), Vitamin C: 25.58mg (31.01%), Potassium: 1075.31mg (30.72%), Zinc: 4.38mg (29.22%), Vitamin B1: 0.4mg (26.97%), Manganese: 0.51mg (25.39%), Magnesium: 98.49mg (24.62%), Calcium: 220.9mg (22.09%), Vitamin E: 3.21mg (21.38%), Vitamin A: 1052.35IU (21.05%), Iron: 3.68mg (20.45%), Vitamin B12: 1.15µg (19.21%), Vitamin K: 19.8µg (18.85%), Copper: 0.3mg (14.87%), Folate: 52.59µg (13.15%), Fiber: 2.66g (10.64%), Vitamin D: 0.57µg (3.83%)