



Chicken Souvlaki Gyro Style

READY IN



110 min.

SERVINGS



4

CALORIES



734 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground to taste
- 0.5 cup cucumber shredded seeded
- 1 cup feta cheese crumbled
- 1 tablespoon optional: dill fresh chopped
- 1 clove garlic minced
- 0.5 cup kalamata olives
- 4 servings kosher salt to taste
- 1 tablespoon juice of lemon
- 1 teaspoon olive oil

- 1 tablespoon oregano dried
- 0.5 cup pepperoncini
- 4 large pita bread rounds
- 1 cup yogurt plain
- 1 onion red thinly sliced
- 0.5 tablespoon rice vinegar
- 1 heart of romaine lettuce cut into 1/4 inch slices
- 0.5 teaspoon greek seasoning
- 4 chicken breast halves boneless skinless
- 0.3 cup cup heavy whipping cream sour
- 1 tomatoes halved sliced
- 0.8 cup balsamic vinaigrette salad dressing

Equipment

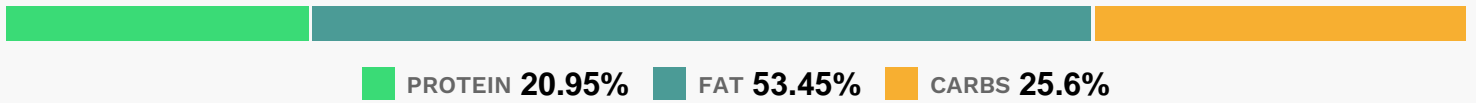
- bowl
- grill
- ziploc bags

Directions

- In a small bowl, mix the balsamic vinaigrette, juice from 1/2 lemon, oregano, and 1/2 teaspoon black pepper.
- Place chicken in a large resealable plastic bag.
- Pour marinade over the chicken, seal, and refrigerate for at least 1 hour.
- Preheat an outdoor grill for high heat.
- Toss the shredded cucumber with 1 teaspoon kosher salt, and allow to sit at least 5 minutes. In a medium bowl, mix the yogurt, sour cream, 1 tablespoon lemon juice, rice vinegar, and olive oil. Season with garlic, fresh dill, and Greek seasoning. Squeeze the cucumber to remove any excess water; stir into sauce. Season to taste with kosher salt and pepper. Refrigerate until ready to use.

- Remove chicken from marinade and place on prepared grill. Discard remaining marinade. Cook chicken until juices run clear, about 8 minutes on each side.
- Remove chicken from heat, and allow to sit about 10 minutes before slicing into thin strips.
- Place pita rounds on the grill, and cook for about 2 minutes, until warm, turning frequently to avoid burning. Arrange warmed pita, sliced chicken, lettuce, onion, tomato, olives, and pepperoncini on a serving platter.
- Serve tzatziki sauce and feta cheese in separate bowls on the side. Stuff pita pockets with chicken and toppings to serve.

Nutrition Facts



Properties

Glycemic Index:90, Glycemic Load:33.1, Inflammation Score:-9, Nutrition Score:30.475217332011%

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: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg

Nutrients (% of daily need)

Calories: 734.24kcal (36.71%), Fat: 43.86g (67.47%), Saturated Fat: 13.27g (82.97%), Carbohydrates: 47.26g (15.75%), Net Carbohydrates: 42.91g (15.6%), Sugar: 7.38g (8.2%), Cholesterol: 122.14mg (40.71%), Sodium: 1376.64mg (59.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.68g (77.36%), Vitamin B3: 14.07mg (70.37%), Vitamin K: 72.55µg (69.1%), Selenium: 45µg (64.29%), Vitamin B6: 1.21mg (60.7%), Phosphorus: 522.08mg (52.21%), Calcium: 388.02mg (38.8%), Vitamin B2: 0.64mg (37.78%), Vitamin C: 23.48mg (28.46%), Vitamin A: 1380.03IU (27.6%), Manganese: 0.55mg (27.54%), Vitamin B5: 2.68mg (26.82%), Vitamin E: 3.96mg (26.41%), Potassium: 862.24mg (24.64%), Vitamin B1: 0.37mg (24.47%), Magnesium: 80.19mg (20.05%), Zinc: 2.9mg (19.34%), Vitamin B12: 1.12µg (18.61%), Fiber: 4.35g (17.4%), Folate: 68.12µg (17.03%), Iron: 2.67mg (14.82%), Copper: 0.25mg (12.33%), Vitamin D: 0.32µg (2.16%)