



Chicken Souvlaki Pitas with Tahini Sauce

READY IN



25 min.

SERVINGS



4

CALORIES



231 kcal

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons cucumber shredded
- 4 inch cucumber
- 5 garlic clove minced
- 6 tablespoons greek yogurt plain fat-free
- 1 cup lettuce shredded
- 5 teaspoons juice of lemon fresh divided
- 1 tablespoon olive oil extra virgin extra-virgin
- 1 teaspoon oregano dried
- 4 6-inch wholewheat pita breads cut in half ()

- 4 inch plum tomatoes
- 0.5 cup onion red thinly sliced
- 0.3 teaspoon salt
- 1 pound chicken breast halves boneless skinless cut into 1-inch pieces
- 1.5 tablespoons tahini (roasted sesame seed paste)

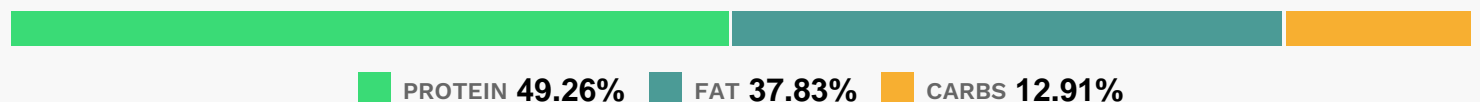
Equipment

- bowl
- frying pan
- skewers
- grill pan

Directions

- Combine yogurt, shredded cucumber, tahini, 1 tablespoon lemon juice, and garlic in a small bowl; set aside.
- Combine remaining 2 teaspoons lemon juice, olive oil, and next 4 ingredients (through chicken) in a small bowl.
- Heat a grill pan over medium-high heat. Thread chicken pieces evenly onto 4 (8-inch) skewers. Coat grill pan with cooking spray.
- Add chicken to pan; cook 10 minutes or until done, turning every 2 minutes.
- Remove chicken from skewers.
- Divide chicken evenly among pita halves. Fill each pita half with 2 tablespoons lettuce, 1 tablespoon onion, 2 cucumber slices, 2 tomato slices, and 1 tablespoon sauce.

Nutrition Facts



Properties

Glycemic Index:72.75, Glycemic Load:1.45, Inflammation Score:-7, Nutrition Score:15.631739004799%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg 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: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg

Nutrients (% of daily need)

Calories: 230.76kcal (11.54%), Fat: 9.64g (14.83%), Saturated Fat: 1.6g (9.99%), Carbohydrates: 7.4g (2.47%), Net Carbohydrates: 6.11g (2.22%), Sugar: 2.36g (2.62%), Cholesterol: 73.7mg (24.57%), Sodium: 296.16mg (12.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.24g (56.49%), Vitamin B3: 12.33mg (61.67%), Selenium: 41.15µg (58.78%), Vitamin B6: 0.97mg (48.31%), Phosphorus: 333.41mg (33.34%), Vitamin B5: 1.8mg (17.98%), Potassium: 581.93mg (16.63%), Vitamin B1: 0.2mg (13.35%), Vitamin B2: 0.21mg (12.07%), Magnesium: 45.17mg (11.29%), Vitamin K: 11.04µg (10.52%), Vitamin C: 7.85mg (9.51%), Manganese: 0.19mg (9.35%), Copper: 0.16mg (8.23%), Zinc: 1.19mg (7.93%), Calcium: 64.75mg (6.47%), Vitamin B12: 0.38µg (6.4%), Folate: 25.22µg (6.31%), Iron: 1.13mg (6.27%), Vitamin E: 0.88mg (5.87%), Fiber: 1.28g (5.14%), Vitamin A: 167.66IU (3.35%)