



Chicken Souvlaki Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



238 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons bottled garlic divided minced
- ☐ 0.3 cup cucumber grated peeled
- ☐ 3 cups cucumber cubed peeled (3 cucumbers)
- ☐ 0.5 cup yogurt plain fat-free
- ☐ 2 ounces feta cheese crumbled
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 teaspoon ground pepper red

- ☐ 2 tablespoons kalamata olives pitted chopped
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 teaspoon olive oil extra virgin extra-virgin
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 cup onion red vertically sliced
- ☐ 0.3 teaspoon salt
- ☐ 1 pound chicken breast boneless skinless
- ☐ 2 tomatoes cored ripe cut into 1-inch pieces (1 pound)
- ☐ 1 teaspoon citrus champagne vinegar

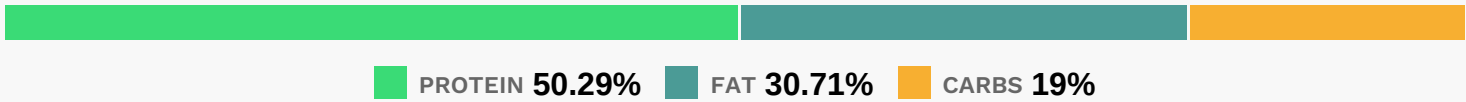
Equipment

- ☐ bowl
- ☐ grill
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat grill or broiler.
- ☐ Combine 1 teaspoon garlic and the next 6 ingredients (1 teaspoon garlic through chicken breast) in a large zip-top plastic bag. Seal the bag and shake to coat.
- ☐ Remove chicken from the bag. Grill or broil chicken 5 minutes on each side or until done.
- ☐ Cut chicken into 1-inch pieces.
- ☐ Combine chicken, cubed cucumber, and the next 4 ingredients (cubed cucumber through tomatoes) in a large bowl.
- ☐ Combine yogurt and remaining ingredients in a small bowl.
- ☐ Pour over chicken mixture; toss well.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:1.7, Inflammation Score:-8, Nutrition Score:19.829565208891%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

Nutrients (% of daily need)

Calories: 237.52kcal (11.88%), Fat: 8.02g (12.34%), Saturated Fat: 2.84g (17.72%), Carbohydrates: 11.16g (3.72%), Net Carbohydrates: 8.93g (3.25%), Sugar: 6.42g (7.13%), Cholesterol: 85.8mg (28.6%), Sodium: 531.4mg (23.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.56g (59.12%), Vitamin B3: 12.49mg (62.45%), Selenium: 40.23µg (57.48%), Vitamin B6: 1.1mg (54.95%), Phosphorus: 383.91mg (38.39%), Potassium: 853.7mg (24.39%), Vitamin B5: 2.31mg (23.12%), Vitamin B2: 0.36mg (20.9%), Vitamin C: 16.38mg (19.85%), Calcium: 174.26mg (17.43%), Magnesium: 62.29mg (15.57%), Vitamin A: 759.45IU (15.19%), Vitamin K: 15.82µg (15.07%), Manganese: 0.27mg (13.74%), Vitamin B1: 0.18mg (12.22%), Zinc: 1.74mg (11.6%), Vitamin B12: 0.65µg (10.89%), Folate: 42.27µg (10.57%), Copper: 0.18mg (8.95%), Fiber: 2.23g (8.91%), Vitamin E: 1mg (6.64%), Iron: 1.2mg (6.64%), Vitamin D: 0.17µg (1.13%)