



Chicken Souvlaki Salad



Gluten Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



184 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups chicken souvlaki
- ☐ 1 large cucumber diced
- ☐ 0.3 cup feta crumbled
- ☐ 0.3 cup kalamata olives pitted coarsely chopped
- ☐ 6 cups lettuce sliced
- ☐ 0.3 cup onion diced red
- ☐ 2 large tomatoes diced
- ☐ 0.5 cup tzatziki sauce

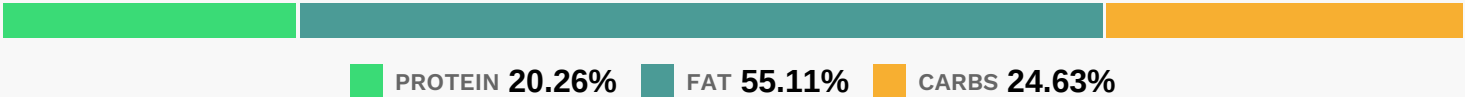
Equipment

Directions

☐

 Assemble the salad and enjoy!

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:2, Inflammation Score:-8, Nutrition Score:12.323043548543%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 183.54kcal (9.18%), Fat: 11.78g (18.12%), Saturated Fat: 3.63g (22.67%), Carbohydrates: 11.85g (3.95%), Net Carbohydrates: 8.52g (3.1%), Sugar: 6.94g (7.71%), Cholesterol: 33.6mg (11.2%), Sodium: 422.13mg (18.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.74g (19.48%), Vitamin K: 38.99µg (37.13%), Vitamin A: 1559.81IU (31.2%), Vitamin C: 18.9mg (22.92%), Manganese: 0.31mg (15.53%), Folate: 61.55µg (15.39%), Potassium: 538.36mg (15.38%), Vitamin B6: 0.3mg (15.16%), Calcium: 133.56mg (13.36%), Vitamin B3: 2.67mg (13.34%), Fiber: 3.33g (13.31%), Phosphorus: 132.84mg (13.28%), Vitamin B2: 0.18mg (10.4%), Vitamin B1: 0.14mg (9.12%), Magnesium: 35.1mg (8.78%), Copper: 0.16mg (8.02%), Selenium: 5.62µg (8.02%), Vitamin E: 1.13mg (7.52%), Zinc: 1.08mg (7.21%), Vitamin B5: 0.7mg (6.99%), Iron: 1.21mg (6.72%), Vitamin B12: 0.24µg (4.04%)