



## Chicken Souvlaki with Grilled Pita



Gluten Free



Dairy Free

READY IN



58 min.

SERVINGS



4

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2.5 pounds chicken breast split skinless sliced into 1-inch pieces
- ☐ 1 small cucumber diced
- ☐ 2 tablespoons freshly dill leaves chopped
- ☐ 1 tablespoon garlic chopped
- ☐ 2 teaspoons penzey's southwest seasoning italian
- ☐ 1 tablespoon juice of lemon
- ☐ 3 tablespoons olive oil

☐ 1 teaspoon salt

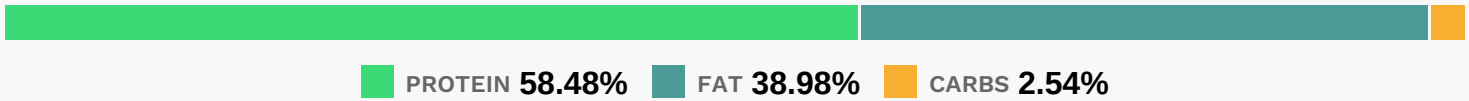
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ grill pan

## Directions

- ☐ In large bowl whisk together all the souvlaki ingredients, except the chicken. Reserve 1 1/2 tablespoons for Round 2 Recipe Greek Flat Bread.
- ☐ Add the chicken and toss to coat. Cover and let marinate for at least 30 minutes or up to overnight in the refrigerator.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Remove the chicken from the marinade and add to the pan. Cook until the chicken is cooked through, about 10 to 12 minutes.
- ☐ In a medium bowl combine all the tzatziki sauce ingredients and set aside.
- ☐ Divide the dough into 4 equal portions. On a floured work surface, roll out each portion into 6 to 7 inches in diameter and about 1/8-inch thick.
- ☐ Preheat a grill pan or grill over medium heat.
- ☐ Grill the dough for 2 to 3 minutes per side. The pitas should be cooked through but still pliable and not too crispy.
- ☐ Put a grilled pita onto a plate, top with some cooked chicken, lettuce, tomato, onion and some tzatziki sauce. Repeat with remaining ingredients and arrange on a serving platter.

## Nutrition Facts



## Properties

Glycemic Index:24.25, Glycemic Load:0.32, Inflammation Score:-5, Nutrition Score:25.613478365152%

## 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: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 427.91kcal (21.4%), Fat: 17.98g (27.66%), Saturated Fat: 3.08g (19.27%), Carbohydrates: 2.64g (0.88%), Net Carbohydrates: 1.81g (0.66%), Sugar: 0.7g (0.78%), Cholesterol: 181.44mg (60.48%), Sodium: 912.02mg (39.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.68g (121.36%), Vitamin B3: 29.65mg (148.26%), Selenium: 91.1µg (130.15%), Vitamin B6: 2.18mg (109.08%), Phosphorus: 609mg (60.9%), Vitamin B5: 4.16mg (41.65%), Potassium: 1132.16mg (32.35%), Magnesium: 82.43mg (20.61%), Vitamin B2: 0.3mg (17.79%), Vitamin K: 16.39µg (15.61%), Vitamin E: 2.25mg (15.03%), Vitamin B1: 0.2mg (13.38%), Zinc: 1.77mg (11.8%), Manganese: 0.19mg (9.55%), Vitamin B12: 0.57µg (9.45%), Iron: 1.64mg (9.12%), Vitamin C: 6.93mg (8.41%), Copper: 0.12mg (6.08%), Folate: 20.39µg (5.1%), Calcium: 41.51mg (4.15%), Fiber: 0.82g (3.29%), Vitamin A: 147.71IU (2.95%), Vitamin D: 0.28µg (1.89%)