



Chicken Souvlaki with Tzatziki

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cooking wine dry white
- ☐ 0.5 cucumber shredded english
- ☐ 4 garlic cloves minced crushed (2 , 2)
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon
- ☐ 14 ounces nonfat greek yogurt
- ☐ 0.3 cup olive oil
- ☐ 2 teaspoons oregano leaves fresh chopped

- ☐ 0.5 teaspoon pepper divided
- ☐ 2 teaspoons distilled vinegar white
- ☐ 2 pounds boned cut into 1 1/2-in. cubes

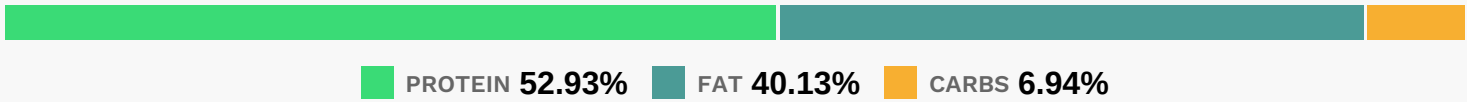
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen towels
- ☐ metal skewers

Directions

- ☐ Heat grill to high (450 to 550).
- ☐ Mix chicken, oil, wine, lemon juice, oregano, crushed garlic cloves, salt, and 1/4 tsp. pepper in a bowl. Thread chicken onto 8 metal skewers.
- ☐ Grill chicken, turning occasionally, until grill marks appear and meat is cooked through, 10 to 12 minutes.
- ☐ Put cucumber in a kitchen towel and wring out any excess liquid.
- ☐ Transfer to a medium bowl.
- ☐ Add yogurt, minced garlic, remaining 1/4 tsp. pepper, and the vinegar and mix until combined.
- ☐ Serve with chicken and warm pita bread.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:0.25, Inflammation Score:-7, Nutrition Score:19.092174105022%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg

Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 310.79kcal (15.54%), Fat: 13.24g (20.38%), Saturated Fat: 2.2g (13.73%), Carbohydrates: 5.15g (1.72%), Net Carbohydrates: 4.64g (1.69%), Sugar: 2.85g (3.17%), Cholesterol: 100.07mg (33.36%), Sodium: 588.59mg (25.59%), Alcohol: 1.03g (100%), Alcohol %: 0.48% (100%), Protein: 39.3g (78.61%), Vitamin B3: 16mg (79.98%), Selenium: 55.35µg (79.08%), Vitamin B6: 1.22mg (61.22%), Phosphorus: 420.05mg (42.01%), Vitamin B5: 2.47mg (24.7%), Vitamin B2: 0.35mg (20.8%), Potassium: 720.54mg (20.59%), Vitamin K: 14.31µg (13.63%), Magnesium: 53.75mg (13.44%), Vitamin B12: 0.77µg (12.76%), Vitamin E: 1.73mg (11.53%), Calcium: 101.62mg (10.16%), Zinc: 1.34mg (8.91%), Vitamin B1: 0.13mg (8.34%), Manganese: 0.15mg (7.53%), Vitamin C: 5.09mg (6.17%), Iron: 1.06mg (5.87%), Copper: 0.08mg (3.82%), Folate: 15.2µg (3.8%), Fiber: 0.51g (2.03%), Vitamin A: 86.99IU (1.74%), Vitamin D: 0.15µg (1.01%)