



Chicken Souvlaki with Tzatziki Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cucumber shredded peeled seeded
- ☐ 1 garlic clove minced
- ☐ 4 garlic cloves minced
- ☐ 1 tablespoon juice of lemon
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.5 cup yogurt plain low-fat
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon salt

- ☐ 0.5 teaspoon salt
- ☐ 0.5 pound chicken breast boneless skinless cut into 1-inch pieces
- ☐ 1 medium zucchini quartered cut into (1/2-inch-thick) slices
- ☐ 1.5 teaspoons or dried fresh chopped
- ☐ 1.5 teaspoons or dried fresh chopped

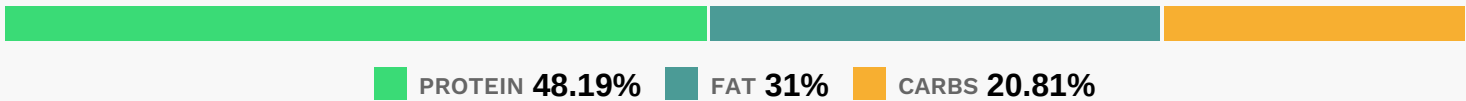
Equipment

- ☐ ziploc bags
- ☐ skewers
- ☐ grill pan

Directions

- ☐ To prepare souvlaki, combine the first 5 ingredients in a zip-top plastic bag; seal and shake to combine.
- ☐ Add chicken to bag; seal and shake to coat. Marinate chicken in refrigerator for 30 minutes, turning once.
- ☐ Remove chicken from bag; discard marinade. Thread the chicken and zucchini, alternately onto each of 4 (8-inch) skewers.
- ☐ Heat a grill pan coated with cooking spray over medium-high heat.
- ☐ Add skewers; cook 8 minutes or until chicken is done, turning once.
- ☐ To prepare tzatziki sauce, combine cucumber, yogurt, 1 tablespoon lemon juice, 1/4 teaspoon salt, and 1 garlic clove, stirring well.
- ☐ Serve the tzatziki sauce with souvlaki.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:1.08, Inflammation Score:-6, Nutrition Score:20.088695515757%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 241.65kcal (12.08%), Fat: 8.36g (12.87%), Saturated Fat: 1.91g (11.95%), Carbohydrates: 12.63g (4.21%), Net Carbohydrates: 11.17g (4.06%), Sugar: 8.05g (8.95%), Cholesterol: 76.25mg (25.42%), Sodium: 1056.63mg (45.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.25g (58.51%), Vitamin B3: 12.43mg (62.16%), Vitamin B6: 1.16mg (58.14%), Selenium: 39.64µg (56.62%), Vitamin C: 34.41mg (41.71%), Phosphorus: 384.43mg (38.44%), Potassium: 925.09mg (26.43%), Vitamin B5: 2.34mg (23.42%), Vitamin B2: 0.36mg (21.04%), Manganese: 0.35mg (17.42%), Magnesium: 65.22mg (16.31%), Calcium: 154.05mg (15.4%), Vitamin B1: 0.18mg (11.74%), Folate: 45.67µg (11.42%), Zinc: 1.68mg (11.18%), Vitamin B12: 0.57µg (9.5%), Vitamin K: 9.49µg (9.04%), Copper: 0.14mg (7.1%), Vitamin E: 0.99mg (6.59%), Iron: 1.09mg (6.03%), Fiber: 1.46g (5.84%), Vitamin A: 287.67IU (5.75%)