



Chicken Souvlaki with Tzatziki Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



218 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 fresh
- ☐ 6 tablespoons juice of lemon fresh
- ☐ 0.5 cup yogurt plain low-fat
- ☐ 4 teaspoons olive oil
- ☐ 3 teaspoons oregano dried fresh chopped

- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 1 pound chicken breast halves boneless skinless cut into bite-sized pieces
- ☐ 2 zucchini quartered cut into 1/2-inch-thick slices

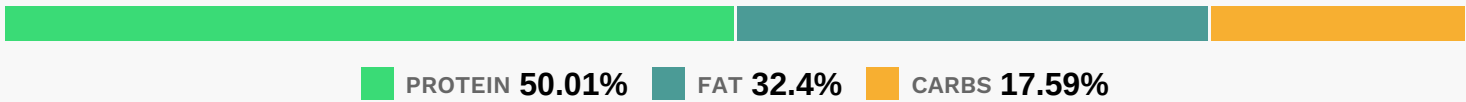
Equipment

- ☐ grill
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ To prepare souvlaki, combine first 5 ingredients in a large zip-top plastic bag.
- ☐ Add chicken to bag; seal. Marinate in refrigerator for 30 minutes, turning bag once.
- ☐ Prepare grill to medium-high heat.
- ☐ While chicken marinates, combine cucumber and next 4 ingredients, stirring well.
- ☐ To prepare skewers, remove chicken from bag; discard marinade. Thread chicken and zucchini alternately onto each of 4 (8-inch) skewers.
- ☐ Place skewers on a grill rack coated with cooking spray; grill 10 minutes or until chicken is done, turning once.
- ☐ Serve tzatziki sauce with chicken skewers.
- ☐ Remove 1 to 2 chicken and zucchini pieces from the skewers.
- ☐ Cut the chicken and zucchini into bite-sized pieces.
- ☐ Serve the chicken and zucchini with a small spoonful of tzatziki sauce for dipping on a rimmed plate.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:0.72, Inflammation Score:-9, Nutrition Score:19.075217381768%

Flavonoids

Eriodictyol: 1.28mg, Eriodictyol: 1.28mg, Eriodictyol: 1.28mg, Eriodictyol: 1.28mg Hesperetin: 3.8mg, Hesperetin: 3.8mg, Hesperetin: 3.8mg, Hesperetin: 3.8mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 217.92kcal (10.9%), Fat: 7.9g (12.15%), Saturated Fat: 1.62g (10.14%), Carbohydrates: 9.65g (3.22%), Net Carbohydrates: 7.76g (2.82%), Sugar: 5.6g (6.22%), Cholesterol: 74.41mg (24.8%), Sodium: 889.22mg (38.66%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 27.43g (54.86%), Vitamin B3: 12.43mg (62.15%), Vitamin B6: 1.11mg (55.34%), Selenium: 38.14µg (54.48%), Vitamin C: 31.04mg (37.63%), Phosphorus: 333.02mg (33.3%), Potassium: 830.79mg (23.74%), Vitamin B5: 2.11mg (21.07%), Manganese: 0.35mg (17.32%), Vitamin B2: 0.29mg (17.13%), Vitamin K: 17.5µg (16.66%), Magnesium: 60.91mg (15.23%), Calcium: 112.53mg (11.25%), Folate: 42.67µg (10.67%), Vitamin B1: 0.15mg (10.12%), Zinc: 1.37mg (9.14%), Iron: 1.51mg (8.38%), Vitamin E: 1.24mg (8.26%), Fiber: 1.89g (7.57%), Vitamin B12: 0.4µg (6.64%), Copper: 0.12mg (6.19%), Vitamin A: 285.04IU (5.7%)