



Curried Chicken on Pita

READY IN



45 min.

SERVINGS



4

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 medium cucumber-peeled halved seeded cut into thin crescents
- ☐ 2 teaspoons curry powder
- ☐ 2 teaspoons garam masala
- ☐ 4 garlic cloves very finely chopped
- ☐ 2 jalapeños seeded thinly sliced
- ☐ 1.3 cups yogurt plain low-fat
- ☐ 1 large onion red halved lengthwise thinly sliced
- ☐ 4 romaine lettuce leaves
- ☐ 4 servings salt and pepper freshly ground

- ☐ 1 pound chicken breast halves boneless skinless
- ☐ 1 large tomatoes cut into thin wedges
- ☐ 1 tablespoon vegetable oil
- ☐ 4 8-inch pita breads whole wheat

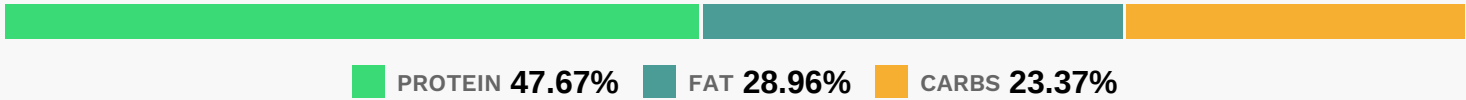
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat the oven to 40
- ☐ In a medium bowl, mix 1 tablespoon of the yogurt with the garlic, garam masala and curry powder.
- ☐ Add the chicken strips and stir until they are thoroughly coated with the yogurt-spice mixture.
- ☐ In a large nonstick skillet, heat the vegetable oil.
- ☐ Add the sliced jalapeos, red onion and coated chicken strips, season with salt and pepper and cook over moderately high heat, stirring, until the chicken strips are just white throughout, about 5 minutes.
- ☐ Remove the skillet from the heat and let stand for 1 minute to let the chicken, jalapeos and red onion cool slightly. Fold the remaining 1 cup plus 3 tablespoons of yogurt into the chicken, jalapeos and red onion until well combined.
- ☐ Heat the pita breads in the oven, about 30 seconds. Set the pitas on plates and top each one with a lettuce leaf, tomato wedges and cucumber slices. Spoon the chicken in yogurt sauce on top and serve right away.
- ☐ Notes: One serving 416 calories, 8 gm total fat, 3 gm saturated fat, 51 gm carb.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:1.52, Inflammation Score:-9, Nutrition Score:24.056086965229%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6.87mg, Quercetin: 6.87mg, Quercetin: 6.87mg, Quercetin: 6.87mg

Nutrients (% of daily need)

Calories: 253.91kcal (12.7%), Fat: 8.13g (12.5%), Saturated Fat: 2g (12.52%), Carbohydrates: 14.76g (4.92%), Net Carbohydrates: 11.97g (4.35%), Sugar: 9.15g (10.17%), Cholesterol: 77.17mg (25.72%), Sodium: 391.68mg (17.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.1g (60.21%), Vitamin B3: 12.5mg (62.48%), Vitamin A: 3013.2IU (60.26%), Selenium: 40.18µg (57.4%), Vitamin B6: 1.08mg (54.16%), Vitamin K: 45.01µg (42.87%), Phosphorus: 397.93mg (39.79%), Vitamin C: 22.32mg (27.06%), Potassium: 930.77mg (26.59%), Vitamin B5: 2.35mg (23.51%), Vitamin B2: 0.34mg (19.79%), Folate: 73.99µg (18.5%), Calcium: 184.25mg (18.42%), Magnesium: 65.24mg (16.31%), Manganese: 0.31mg (15.26%), Vitamin B1: 0.19mg (12.41%), Zinc: 1.71mg (11.43%), Fiber: 2.79g (11.17%), Vitamin B12: 0.66µg (10.93%), Vitamin E: 1.3mg (8.65%), Iron: 1.44mg (8.01%), Copper: 0.15mg (7.53%)