



Fiery Chicken Pita Sandwiches with Horned Melon Raita

READY IN



45 min.

SERVINGS



4

CALORIES



191 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons garlic fresh minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 horned melon halved lengthwise
- ☐ 1 teaspoon olive oil divided
- ☐ 0.5 teaspoon salt divided
- ☐ 18 ounce chicken breast halves boneless skinless

- ☐ 4 6-inch pitas whole wheat warmed cut in half
- ☐ 7 ounce yogurt plain whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ grill pan
- ☐ cutting board
- ☐ meat tenderizer

Directions

- ☐ Squeeze horned melon into a fine mesh strainer over a bowl; press seeds with the back of a spoon to extract juice. Discard seeds.
- ☐ Add fresh lemon juice, 1/4 teaspoon salt, ground cumin, and yogurt to bowl; stir with a whisk. Cover and chill.
- ☐ Place chicken breast halves between 2 sheets of heavy-duty plastic wrap; pound each piece to 1/2-inch thickness using a meat mallet or small heavy skillet.
- ☐ Sprinkle both sides of chicken with remaining 1/4 teaspoon salt and pepper; rub with garlic.
- ☐ Heat 1/2 teaspoon olive oil in a nonstick grill pan coated with cooking spray over medium-high heat.
- ☐ Add 2 breast halves to pan; cook 4 minutes on each side or until done.
- ☐ Remove from heat, and keep warm. Repeat procedure with remaining 1/2 teaspoon oil and chicken.
- ☐ Transfer chicken to cutting board, and cool slightly.
- ☐ Cut chicken into thin strips. Fill each pita half with about 1/2 cup chicken, and top with 2 tablespoons raita.

Nutrition Facts

 **PROTEIN 62.97%**  **FAT 29.24%**  **CARBS 7.79%**

Properties

Glycemic Index:33.5, Glycemic Load:0.6, Inflammation Score:-3, Nutrition Score:13.962173832499%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 190.6kcal (9.53%), Fat: 5.99g (9.22%), Saturated Fat: 1.91g (11.94%), Carbohydrates: 3.59g (1.2%), Net Carbohydrates: 3.45g (1.25%), Sugar: 2.42g (2.68%), Cholesterol: 88.1mg (29.37%), Sodium: 466.28mg (20.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.04g (58.08%), Vitamin B3: 13.4mg (67.01%), Selenium: 42.59µg (60.84%), Vitamin B6: 1mg (49.85%), Phosphorus: 320.28mg (32.03%), Vitamin B5: 2.03mg (20.3%), Potassium: 563.17mg (16.09%), Vitamin B2: 0.2mg (11.9%), Magnesium: 40.94mg (10.24%), Vitamin B12: 0.44µg (7.31%), Zinc: 1.08mg (7.17%), Calcium: 70.93mg (7.09%), Vitamin B1: 0.1mg (6.93%), Iron: 0.66mg (3.64%), Manganese: 0.07mg (3.56%), Vitamin C: 2.87mg (3.48%), Vitamin E: 0.47mg (3.11%), Vitamin A: 149.65IU (2.99%), Copper: 0.05mg (2.42%), Folate: 9.44µg (2.36%), Vitamin D: 0.18µg (1.18%), Vitamin K: 1.1µg (1.05%)