



## Grecian Chicken Sandwich

READY IN



40 min.

SERVINGS



40

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 Tbsp cucumber chopped
- 0.8 cup athenos feta cheese crumbled traditional
- 1 env. seasons garlic & herb dressing mix good
- 1.5 cups lettuce shredded
- 0.5 tsp mint flakes dried
- 2 Tbsp onion finely chopped
- 0.3 tsp oregano leaves dried
- 6 pita breads cut in half
- 0.8 cup nonfat yogurt plain

2 lb chicken breasts boneless skinless

## Equipment

bowl

oven

baking pan

## Directions

Sprinkle dressing mix evenly over chicken. Refrigerate 10 minutes.

Place chicken in 15x10x1-inch baking pan sprayed with cooking spray.

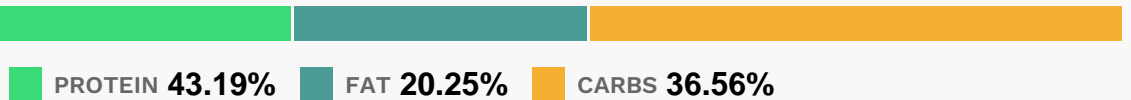
Bake at 350F for 20 to 25 minutes or until cooked through.

Cut chicken into strips.

Mix yogurt, cucumber, onion, mint and oregano in large bowl.

Add chicken and lettuce; mix lightly. Spoon into pita halves; sprinkle with cheese.

## Nutrition Facts



## Properties

Glycemic Index:5.2, Glycemic Load:4.42, Inflammation Score:-1, Nutrition Score:3.3013043669255%

## Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 59.81kcal (2.99%), Fat: 1.31g (2.01%), Saturated Fat: 0.52g (3.27%), Carbohydrates: 5.32g (1.77%), Net Carbohydrates: 5.07g (1.84%), Sugar: 0.44g (0.49%), Cholesterol: 17.11mg (5.7%), Sodium: 107.27mg (4.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.28g (12.57%), Vitamin B3: 2.59mg (12.93%), Selenium: 7.85µg (11.22%), Vitamin B6: 0.19mg (9.5%), Phosphorus: 73.45mg (7.35%), Vitamin B5: 0.42mg (4.19%), Vitamin B2: 0.07mg (3.92%), Calcium: 32.79mg (3.28%), Potassium: 114.07mg (3.26%), Vitamin B1: 0.05mg (3.02%), Manganese: 0.05mg (2.61%), Magnesium: 10mg (2.5%), Zinc: 0.34mg (2.24%), Vitamin B12: 0.12µg (2.02%), Iron: 0.26mg (1.43%), Folate: 5.53µg (1.38%), Copper: 0.02mg (1.19%), Vitamin K: 1.06µg (1.01%)