



Greek Chicken Pitas

READY IN



380 min.

SERVINGS



4

CALORIES



340 kcal

Ingredients

- 0.3 teaspoon allspice
- 0.5 cup cucumber diced peeled
- 3 cloves garlic minced
- 1 teaspoon lemon pepper
- 1 medium onion diced
- 0.5 teaspoon oregano dried
- 4 wholewheat pita breads cut in half
- 0.3 cup yogurt plain
- 1 pound chicken breast halves boneless skinless cut into strips
- 0.3 cup cream sour

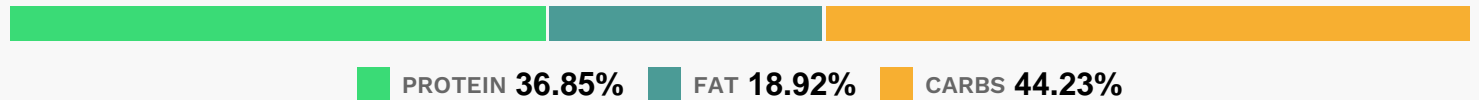
Equipment

- bowl
- slow cooker

Directions

- Place onion and garlic in a slow cooker. Season chicken with lemon pepper, oregano, and allspice; place on top of onions.
- Cover, and cook on High for 6 hours.
- In a small bowl, stir together yogurt, sour cream, and cucumber. Refrigerate until chicken is done cooking.
- When chicken is done, fill pita halves with chicken, and top with the yogurt sauce.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:30.08, Inflammation Score:-6, Nutrition Score:16.461739047714%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 339.67kcal (16.98%), Fat: 7g (10.77%), Saturated Fat: 2.54g (15.87%), Carbohydrates: 36.83g (12.28%), Net Carbohydrates: 34.7g (12.62%), Sugar: 2.64g (2.93%), Cholesterol: 83.05mg (27.68%), Sodium: 445.28mg (19.36%), Alcohol: 0g (100%), Protein: 30.68g (61.36%), Vitamin B3: 13.13mg (65.63%), Selenium: 37.67µg (53.81%), Vitamin B6: 0.95mg (47.64%), Phosphorus: 334.14mg (33.41%), Manganese: 0.45mg (22.69%), Vitamin B5: 2.04mg (20.43%), Potassium: 611.36mg (17.47%), Vitamin B1: 0.25mg (16.85%), Magnesium: 54.32mg (13.58%), Vitamin B2: 0.23mg (13.53%), Calcium: 106.64mg (10.66%), Zinc: 1.38mg (9.21%), Fiber: 2.12g (8.49%), Iron: 1.5mg (8.35%), Copper: 0.17mg (8.34%), Folate: 28.25µg (7.06%), Vitamin C: 4.89mg (5.93%), Vitamin B12: 0.31µg (5.23%), Vitamin K: 4.19µg (3.99%), Vitamin A: 159.12IU (3.18%), Vitamin E: 0.34mg (2.28%)