



Greek Chicken Rollups

READY IN



20 min.

SERVINGS



6

CALORIES



193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 to 4 skinned and boned chicken breasts
- ☐ 1 cucumber thinly sliced
- ☐ 4 slices herb flatbread italian
- ☐ 6 leaf lettuce leaves green
- ☐ 1 cup low-cal dilled yogurt dressing (see recipe)
- ☐ 1 tablespoon olive oil
- ☐ 4 plum tomatoes thinly sliced
- ☐ 1 teaspoons greek seasoning

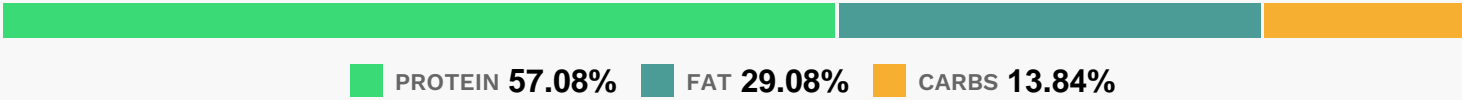
Equipment

☐ grill

Directions

- ☐ Brush chicken breasts with oil, and sprinkle evenly with Greek seasoning.
- ☐ Grill chicken breasts, covered with grill lid, over medium-high heat (350 to 400 degrees F) for 4 to 8 minutes on each side or until chicken is done.
- ☐ Let chicken stand 10 minutes; cut into 1/4-inch-thick slices.
- ☐ Place sliced chicken down center of warmed flatbread slices. Top with Low-Cal Dilled Yogurt Dressing, cucumber, tomato slices, and lettuce; roll up.
- ☐ Serve immediately.
- ☐ *Pita bread rounds may be substituted for flatbread. Line warmed pita rounds with Low-Cal Dilled Yogurt Dressing, lettuce, tomato slices, and cucumber slices. Fill with sliced chicken, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.83, Glycemic Load:0.89, Inflammation Score:-5, Nutrition Score:15.879130404928%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 192.77kcal (9.64%), Fat: 6.1g (9.39%), Saturated Fat: 1.4g (8.77%), Carbohydrates: 6.53g (2.18%), Net Carbohydrates: 5.31g (1.93%), Sugar: 4.69g (5.21%), Cholesterol: 74.77mg (24.92%), Sodium: 166.84mg (7.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.94g (53.88%), Vitamin B3: 12.15mg (60.76%), Selenium: 37.6µg (53.71%), Vitamin B6: 0.93mg (46.73%), Phosphorus: 318.67mg (31.87%), Vitamin B5: 2.02mg (20.2%), Potassium: 692.72mg (19.79%), Vitamin K: 14.94µg (14.23%), Vitamin B2: 0.23mg (13.32%), Magnesium: 49.39mg

(12.35%), Vitamin C: 9.06mg (10.98%), Calcium: 105.58mg (10.56%), Vitamin A: 523.06IU (10.46%), Vitamin B1: 0.13mg (8.33%), Zinc: 1.2mg (8.02%), Vitamin B12: 0.45µg (7.58%), Manganese: 0.15mg (7.45%), Vitamin E: 0.95mg (6.36%), Folate: 24.7µg (6.17%), Iron: 1.01mg (5.59%), Copper: 0.1mg (5.12%), Fiber: 1.22g (4.89%)