



WHATSheATE



Greek Chicken Tacos



Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cucumber english chopped
- ☐ 4 ounces feta cheese crumbled
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 garlic clove pressed
- ☐ 0.5 pt grape tomatoes quartered
- ☐ 0.5 cup olives green chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh

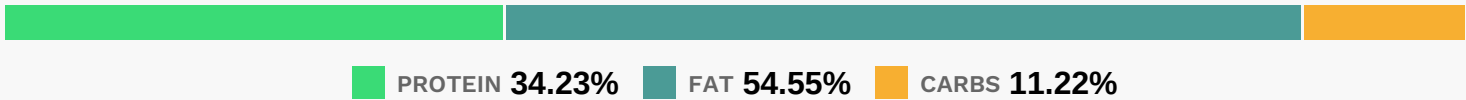
- ☐ 2 tablespoons olive oil
- ☐ 3 pepperoncini salad peppers chopped
- ☐ 0.3 cup onion red thinly sliced
- ☐ 3 cups deli-roasted chicken shredded
- ☐ 12 romaine lettuce leaves

Equipment

Directions

- ☐ Stir together quartered grape tomatoes, feta cheese, cucumber, olives, onion, chopped pepperoncini salad peppers, parsley, lemon juice, olive oil, garlic, and kosher salt.
- ☐ Place 1/4 cup chicken in each of 12 lettuce leaves; add tomato mixture.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:0.84, Inflammation Score:-10, Nutrition Score:21.161739183509%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg

Nutrients (% of daily need)

Calories: 252.15kcal (12.61%), Fat: 15.42g (23.73%), Saturated Fat: 4.71g (29.41%), Carbohydrates: 7.14g (2.38%), Net Carbohydrates: 4.61g (1.67%), Sugar: 2.8g (3.11%), Cholesterol: 69.32mg (23.11%), Sodium: 646.18mg (28.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.77g (43.55%), Vitamin A: 5514.82IU (110.3%), Vitamin K: 90.31µg (86.01%), Vitamin B3: 6.26mg (31.31%), Selenium: 20.59µg (29.42%), Folate: 99.89µg (24.97%), Vitamin B6: 0.49mg (24.59%), Phosphorus: 236.92mg (23.69%), Vitamin C: 17mg (20.61%), Vitamin B2: 0.32mg (19.07%), Calcium: 139.8mg (13.98%), Potassium: 485.67mg (13.88%), Zinc: 1.91mg (12.73%), Vitamin B5: 1.08mg (10.84%), Iron:

1.91mg (10.61%), Fiber: 2.54g (10.14%), Vitamin E: 1.48mg (9.88%), Vitamin B1: 0.15mg (9.87%), Manganese: 0.2mg (9.84%), Magnesium: 37.79mg (9.45%), Vitamin B12: 0.52µg (8.71%), Copper: 0.13mg (6.62%)