



Greek Chicken with Yogurt Sauce

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 medium cucumber peeled seeded finely chopped
- ☐ 0.3 cup yogurt plain fat free yoplait® (from 32 oz. container)
- ☐ 0.3 cup cream sour
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 teaspoons juice of lemon
- ☐ 0.3 teaspoon ground cumin
- ☐ 1.3 lb chicken breast boneless skinless
- ☐ 0.3 teaspoon salt

- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 teaspoons vegetable oil
- ☐ 2 tablespoons water
- ☐ 1 serving parsley fresh

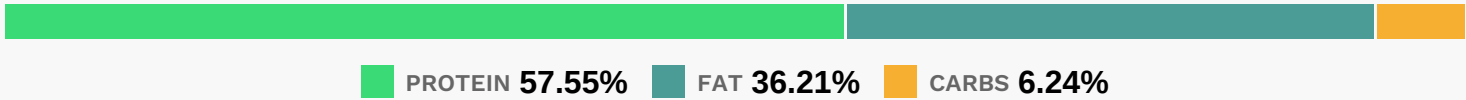
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In medium bowl, mix all sauce ingredients. Cover; refrigerate until serving time.
- ☐ Sprinkle both sides of chicken with salt and cinnamon. In 10-inch skillet, heat oil over medium-high heat. Cook chicken in oil 10 to 12 minutes, turning occasionally, until golden brown. Reduce heat to low; add water. Cover; cook 2 to 3 minutes longer or until juice of chicken is clear when center of thickest part is cut (165°F).
- ☐ Serve chicken with yogurt sauce.
- ☐ Garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.14, Inflammation Score:-5, Nutrition Score:18.561739255553%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 226.96kcal (11.35%), Fat: 8.88g (13.66%), Saturated Fat: 2.63g (16.44%), Carbohydrates: 3.45g (1.15%), Net Carbohydrates: 2.91g (1.06%), Sugar: 2.45g (2.73%), Cholesterol: 99.51mg (33.17%), Sodium: 329.32mg (14.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.74g (63.49%), Vitamin B3: 14.88mg (74.42%), Selenium: 46.51µg (66.44%), Vitamin B6: 1.11mg (55.3%), Vitamin K: 57.53µg (54.79%), Phosphorus: 345.83mg (34.58%), Vitamin B5: 2.3mg (23.03%), Potassium: 671.82mg (19.19%), Vitamin B2: 0.22mg (12.83%), Magnesium: 49.49mg (12.37%), Vitamin C: 8.55mg (10.36%), Vitamin A: 424.16IU (8.48%), Vitamin B1: 0.12mg (8.03%), Zinc: 1.15mg (7.64%), Vitamin B12: 0.41µg (6.78%), Calcium: 66.13mg (6.61%), Iron: 0.94mg (5.23%), Folate: 20.48µg (5.12%), Manganese: 0.09mg (4.59%), Copper: 0.09mg (4.33%), Vitamin E: 0.56mg (3.71%), Fiber: 0.54g (2.15%)