



Greek-Style Chicken

READY IN



25 min.

SERVINGS



4

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 1 tablespoon canola oil
- 0.3 teaspoon pepper red crushed
- 0.3 cup cucumber english chopped
- 3 ounces feta cheese sliced
- 1 tablespoon optional: dill fresh chopped
- 6 garlic cloves coarsely chopped
- 0.5 teaspoon kosher salt divided
- 1 tablespoon juice of lemon fresh

- 4 leaf lettuce leaves green
- 0.3 cup onion diced
- 3 tablespoons oregano fresh chopped
- 2 pitas whole-wheat cut into wedges
- 0.5 cup greek yogurt plain 2% reduced-fat
- 2 plum tomatoes cut into 12 slices
- 24 ounce chicken breast halves boneless skinless cut into 1-inch pieces

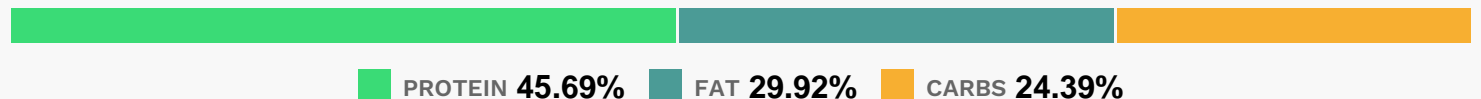
Equipment

- food processor
- frying pan

Directions

- Combine first 4 ingredients and 1/4 teaspoon salt in a food processor; process until ground. Divide mixture into 8 equal portions; shape each into a 1/2-inch-thick patty.
- Heat a large skillet over medium-high heat.
- Add oil to pan.
- Add patties to pan; cook 4 minutes on each side.
- Combine yogurt and next 4 ingredients; stir in 1/4 teaspoon salt.
- Place 1 lettuce leaf on each of 4 plates. Top with tomato slices; sprinkle with black pepper. Divide cheese evenly among servings. Arrange 2 patties on top of tomato mixture; top each serving with about 2 tablespoons yogurt mixture.
- Serve with pita wedges.

Nutrition Facts



Properties

Glycemic Index:67.75, Glycemic Load:15.76, Inflammation Score:-10, Nutrition Score:27.108261035836%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 402.33kcal (20.12%), Fat: 13.2g (20.31%), Saturated Fat: 4.21g (26.3%), Carbohydrates: 24.22g (8.07%), Net Carbohydrates: 21.24g (7.72%), Sugar: 2.48g (2.75%), Cholesterol: 129.04mg (43.01%), Sodium: 895.7mg (38.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.36g (90.73%), Vitamin B3: 19.04mg (95.18%), Selenium: 61.01µg (87.16%), Vitamin B6: 1.53mg (76.49%), Phosphorus: 515.58mg (51.56%), Vitamin K: 31.76µg (30.25%), Vitamin B5: 2.95mg (29.51%), Vitamin B2: 0.49mg (28.56%), Manganese: 0.51mg (25.36%), Potassium: 885.01mg (25.29%), Calcium: 241.57mg (24.16%), Magnesium: 75.62mg (18.9%), Vitamin B1: 0.26mg (17.16%), Iron: 2.81mg (15.62%), Zinc: 2.21mg (14.76%), Vitamin B12: 0.87µg (14.58%), Vitamin E: 1.89mg (12.62%), Vitamin C: 10.33mg (12.52%), Fiber: 2.98g (11.92%), Vitamin A: 590.94IU (11.82%), Folate: 39.44µg (9.86%), Copper: 0.17mg (8.51%), Vitamin D: 0.26µg (1.7%)