



Grilled Chicken Pitas

READY IN



95 min.

SERVINGS



6

CALORIES



778 kcal

Ingredients

- ☐ 6 servings alfalfa sprouts
- ☐ 12 slices bacon crisp
- ☐ 6 servings pepper black freshly ground
- ☐ 0.3 pound feta cheese crumbled
- ☐ 1 clove garlic minced
- ☐ 10.6 ounce kalamata olives black pitted halved drained
- ☐ 3 tablespoons juice of lemon fresh divided
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon olive oil
- ☐ 2 teaspoons oregano dried divided

- ☐ 6 pita breads
- ☐ 1 large purple onion cut into thin rings
- ☐ 0.5 head romaine lettuce finely chopped
- ☐ 6 servings salt
- ☐ 1.5 pounds chicken breasts boneless skinless
- ☐ 3 tablespoons soya sauce
- ☐ 2 small tomatoes finely chopped
- ☐ 0.3 cup walnuts finely chopped
- ☐ 1 cup yogurt unflavored

Equipment

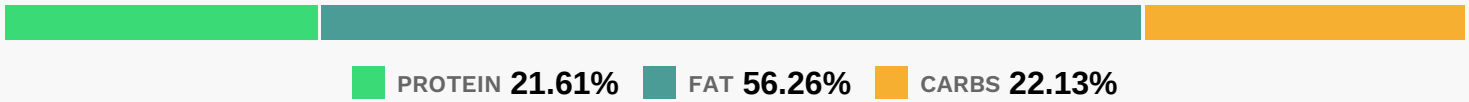
- ☐ bowl
- ☐ whisk
- ☐ plastic wrap
- ☐ grill

Directions

- ☐ Rinse the chicken breast and pat dry.
- ☐ Combine 3 tablespoons lemon juice, soy sauce, garlic and 1 teaspoon of the oregano in a glass dish.
- ☐ Add the chicken, turn to coat, and cover with plastic wrap. Allow the chicken breast to marinate for 30 minutes at room temperature or overnight in the refrigerator.
- ☐ Combine the tomatoes and feta cheese in a small glass dish.
- ☐ Add the remaining 2 teaspoons lemon juice, the olive oil, and the remaining 1 teaspoon oregano, and stir to combine. Allow to sit at room temperature for 30 minutes.
- ☐ In a small bowl, whisk together the yogurt, garlic, walnuts, and olive oil. Cover and refrigerate until ready to use.
- ☐ Preheat a grill to medium heat.
- ☐ Spray a grill basket with olive oil. Grill the chicken breasts over medium heat for 8 to 10 minutes, until no longer pink in the thickest portion of each breast.

- ☐ Spread the onion rings over the surface of the basket and grill while the chicken is cooking. Turn the basket frequently. The onion rings will blacken as they cook; this will also take 8 to 10 minutes. When the chicken and onion rings are cooked, place the pita breads on the grill for about 2 minutes per side, until grill marks show. Slice the chicken into very thin pieces.
- ☐ At serving time, put out all of the ingredients and allow each person to assemble sandwiches: Split each pita.
- ☐ Place several slices of grilled chicken, 3 or 4 slivers of onion, a tablespoon of tomato-feta mixture, lettuce, olives, and 1 or 2 slices of bacon into each pita. Top with yogurt sauce and a wad of alfalfa sprouts.
- ☐ Add salt and pepper, to taste. Fold up the sides of the pita and enjoy!

Nutrition Facts



Properties

Glycemic Index:51.67, Glycemic Load:30.51, Inflammation Score:-10, Nutrition Score:34.720434437627%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

Nutrients (% of daily need)

Calories: 778.14kcal (38.91%), Fat: 48.94g (75.29%), Saturated Fat: 12.89g (80.55%), Carbohydrates: 43.32g (14.44%), Net Carbohydrates: 37.9g (13.78%), Sugar: 4.87g (5.41%), Cholesterol: 123.74mg (41.25%), Sodium: 2442.22mg (106.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.31g (84.61%), Vitamin A: 5178.98IU (103.58%), Vitamin B3: 15.96mg (79.78%), Selenium: 50.05µg (71.5%), Vitamin K: 68.87µg (65.59%), Vitamin B6: 1.24mg (62.02%), Phosphorus: 520.33mg (52.03%), Manganese: 0.71mg (35.31%), Vitamin B1: 0.48mg (31.93%), Vitamin E: 4.41mg (29.38%), Folate: 117.23µg (29.31%), Vitamin B2: 0.5mg (29.27%), Potassium: 958.43mg (27.38%), Calcium: 268.7mg (26.87%), Vitamin B5: 2.65mg (26.47%), Magnesium: 89.92mg (22.48%), Fiber: 5.42g (21.66%), Zinc: 2.88mg (19.22%), Copper: 0.36mg (18.14%), Iron: 3.1mg (17.22%), Vitamin B12: 0.92µg (15.29%), Vitamin C: 12.38mg (15.01%), Vitamin D: 0.41µg (2.71%)