



Herbed Greek Chicken Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black divided
- ☐ 1 teaspoon bottled garlic minced
- ☐ 1 cup cucumber english peeled chopped
- ☐ 1 cup yogurt plain fat-free
- ☐ 1 ounce feta cheese crumbled
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 cup grape tomatoes halved
- ☐ 6 kalamata olives pitted halved

- ☐ 5 teaspoons juice of lemon fresh divided
- ☐ 1 teaspoon oregano dried
- ☐ 8 cups romaine lettuce chopped
- ☐ 0.5 teaspoon salt divided
- ☐ 1 pound chicken breast boneless skinless cut into 1-inch cubes
- ☐ 2 teaspoons tahini (sesame-seed paste)

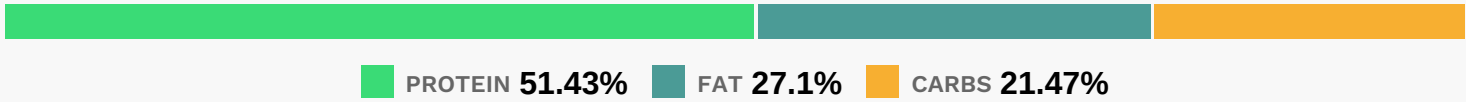
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine oregano, garlic powder, 1/2 teaspoon pepper, and 1/4 teaspoon salt in a bowl.
- ☐ Heat a nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add chicken and spice mixture; saut until chicken is done.
- ☐ Drizzle with 1 tablespoon juice; stir.
- ☐ Remove from pan.
- ☐ Combine remaining 2 teaspoons juice, remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, yogurt, tahini, and garlic in a small bowl; stir well.
- ☐ Combine lettuce, cucumber, tomatoes, and olives.
- ☐ Place 2 1/2 cups of lettuce mixture on each of 4 plates. Top each serving with 1/2 cup chicken mixture and 1 tablespoon cheese.
- ☐ Drizzle each serving with 3 tablespoons yogurt mixture.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:0.64, Inflammation Score:-10, Nutrition Score:29.878260734289%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 239.19kcal (11.96%), Fat: 7.26g (11.16%), Saturated Fat: 2.04g (12.74%), Carbohydrates: 12.93g (4.31%), Net Carbohydrates: 9.68g (3.52%), Sugar: 7.47g (8.3%), Cholesterol: 80.11mg (26.7%), Sodium: 655.26mg (28.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.99g (61.98%), Vitamin A: 8629.51IU (172.59%), Vitamin K: 107.86µg (102.73%), Vitamin B3: 12.71mg (63.57%), Selenium: 41.24µg (58.91%), Vitamin B6: 1.06mg (52.91%), Phosphorus: 426.85mg (42.69%), Folate: 154.74µg (38.69%), Potassium: 980.1mg (28%), Vitamin B2: 0.4mg (23.81%), Vitamin B5: 2.34mg (23.41%), Calcium: 220.81mg (22.08%), Vitamin C: 14.43mg (17.49%), Magnesium: 69.12mg (17.28%), Vitamin B1: 0.25mg (16.62%), Manganese: 0.33mg (16.48%), Zinc: 1.95mg (13.02%), Fiber: 3.25g (13.01%), Vitamin B12: 0.72µg (12%), Iron: 2.02mg (11.2%), Copper: 0.18mg (9.12%), Vitamin E: 0.9mg (5.97%)