



Lemon Chicken Pita Burgers with Spiced Yogurt Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 large egg whites lightly beaten
- 0.5 cup green onions chopped
- 1 pound ground chicken
- 0.5 teaspoon coarsely ground pepper black
- 0.3 cup italian-seasoned breadcrumbs
- 2 teaspoons lemon rind divided grated
- 2 cups lettuce shredded
- 0.5 cup yogurt plain low-fat

- 1 tablespoon olive oil
- 1.5 teaspoons oregano fresh chopped
- 4 6-inch pitas cut in half ()
- 1 tablespoon greek seasoning blend
- 0.5 cup tomatoes diced

Equipment

- frying pan

Directions

- Combine first 6 ingredients; add 1 teaspoon rind, stirring well. Divide mixture into 8 equal portions, shaping each into 1/4-inch-thick oval patties.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add patties; cook 2 minutes on each side or until browned. Cover, reduce heat to medium, and cook 4 minutes.
- Combine remaining 1 teaspoon rind, yogurt, and oregano, stirring well. Fill each pita half with 1 patty, 1 tablespoon yogurt mixture, 1/4 cup lettuce, and 1 tablespoon tomato.

Nutrition Facts



Properties

Glycemic Index:60.25, Glycemic Load:1.19, Inflammation Score:-8, Nutrition Score:19.950434601825%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 287.3kcal (14.36%), Fat: 14.06g (21.63%), Saturated Fat: 3.63g (22.67%), Carbohydrates: 15.82g (5.27%), Net Carbohydrates: 12.27g (4.46%), Sugar: 4.56g (5.07%), Cholesterol: 99.46mg (33.15%), Sodium: 263.65mg (11.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.84g (51.69%), Vitamin K: 71.75µg (68.34%), Vitamin B3: 7.45mg (37.23%), Vitamin B6: 0.7mg (35.02%), Vitamin B2: 0.5mg (29.47%), Phosphorus: 290.48mg (29.05%), Selenium: 18.68µg (26.68%), Potassium: 905.18mg (25.86%), Manganese: 0.46mg (23.22%), Iron: 3.54mg (19.69%), Vitamin B1: 0.27mg (18.25%), Calcium: 173.9mg (17.39%), Vitamin B5: 1.62mg (16.23%), Zinc: 2.36mg (15.7%), Vitamin B12: 0.86µg (14.27%), Fiber: 3.55g (14.21%), Magnesium: 55.35mg (13.84%), Vitamin E: 1.9mg (12.64%), Folate: 49.25µg (12.31%), Vitamin A: 572.92IU (11.46%), Vitamin C: 7.82mg (9.48%), Copper: 0.17mg (8.52%)