



Middle Eastern Bread Salad with Chicken

READY IN



50 min.

SERVINGS



6

CALORIES



783 kcal

SIDE DISH

Ingredients

- 0.5 cup torn basil
- 0.5 teaspoon pepper black divided
- 3 tablespoons canola oil
- 2 cups cherry tomatoes halved
- 2 teaspoons dijon mustard
- 1 large egg white lightly beaten
- 1 cup buttermilk fat-free divided
- 6 tablespoons feta cheese crumbled
- 0.3 cup kalamata olives pitted chopped

- 0.5 teaspoon kosher salt divided
- 2 tablespoons olive oil extra-virgin
- 0.3 cup thinly onion red vertically sliced
- 0.8 cup panko bread crumbs (Japanese breadcrumbs)
- 4 cups torn pita whole-wheat
- 0.3 cup red wine vinegar
- 24 ounce chicken breast halves boneless skinless

Equipment

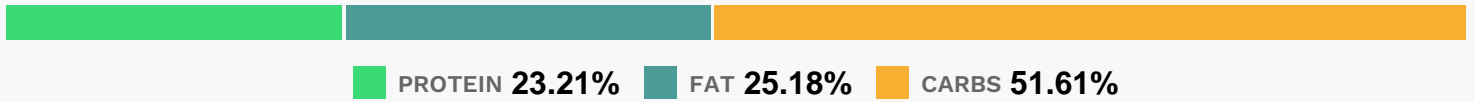
- bowl
- frying pan
- oven
- whisk

Directions

- Preheat oven to 42
- Combine 1/2 cup buttermilk and egg white in a shallow dish.
- Place panko in a shallow dish. Dip chicken in egg white mixture; dredge in panko.
- Sprinkle with 1/4 teaspoon kosher salt and 1/4 teaspoon pepper.
- Heat an ovenproof skillet over medium heat.
- Add canola oil; swirl to coat.
- Add chicken. Cook 4 minutes; turn over.
- Bake at 425 for 14 minutes or until done.
- Let chicken stand 10 minutes; slice crosswise.
- Combine pita, cherry tomato halves, basil, onion, and olives in a large bowl.
- Combine vinegar, Dijon mustard, 1/4 teaspoon kosher salt, and 1/4 teaspoon freshly ground black pepper, stirring well with a whisk. Gradually add olive oil, stirring constantly with a whisk.
- Drizzle dressing over pita mixture; toss to coat. Arrange about 1 1/2 cups salad on each of 6 plates; divide sliced chicken evenly among servings. Top each serving with 1 tablespoon

crumbled feta cheese.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:82.25, Inflammation Score:-6, Nutrition Score:27.010869606681%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 783.11kcal (39.16%), Fat: 21.56g (33.16%), Saturated Fat: 4.55g (28.42%), Carbohydrates: 99.4g (33.13%), Net Carbohydrates: 94.76g (34.46%), Sugar: 4.15g (4.61%), Cholesterol: 88.49mg (29.5%), Sodium: 1577.75mg (68.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.7g (89.41%), Vitamin B3: 16.19mg (80.97%), Selenium: 42.75µg (61.07%), Vitamin B6: 1.04mg (52.04%), Manganese: 0.97mg (48.49%), Phosphorus: 482.31mg (48.23%), Vitamin B1: 0.62mg (41.32%), Vitamin B2: 0.48mg (28.29%), Calcium: 260.89mg (26.09%), Vitamin B5: 2.55mg (25.46%), Potassium: 781.25mg (22.32%), Magnesium: 86.3mg (21.57%), Iron: 3.67mg (20.38%), Copper: 0.38mg (19.06%), Fiber: 4.64g (18.55%), Vitamin K: 18.93µg (18.03%), Zinc: 2.7mg (18.01%), Vitamin E: 2.67mg (17.78%), Vitamin C: 14.23mg (17.25%), Folate: 65.89µg (16.47%), Vitamin A: 478.51IU (9.57%), Vitamin B12: 0.55µg (9.09%), Vitamin D: 0.18µg (1.21%)