



 **36%**
HEALTH SCORE

Moroccan Chicken Pitas

READY IN



45 min.

SERVINGS



4

CALORIES



541 kcal

Ingredients

- 1 package wholewheat pita breads
- 1 pound chicken breast boneless skinless
- 1 teaspoon paprika
- 1 teaspoon cilantro leaves
- 0.3 teaspoon cinnamon
- 1 teaspoon cumin
- 4 servings ground pepper
- 2 teaspoons garlic minced
- 1 teaspoon ginger
- 1 teaspoon salt

- 3 tablespoons olive oil
- 2 parsley fresh italian chopped
- 1 cup quinoa cooked
- 2 cans canned tomatoes diced drained and rinsed
- 1 small onion diced yellow
- 2 juice of lemon juiced
- 4 small dates diced pitted
- 0.3 cup olive oil (I didn't measure!)
- 4 servings sea salt
- 1 cup greek yogurt
- 0.5 small cucumber diced
- 1 tablespoon mint leaves
- 0.5 juice of lemon juiced
- 1 small glass combine everything in a bowl and chill

Equipment

- grill
- meat tenderizer

Directions

- Combine all ingredients, from paprika down, in a small dish and stir thoroughly to combine.
- Using a meat mallet, pound the chicken breasts pretty thin about 1/2 inch thick. Generously rub the spice mixture on all sides of chicken breasts, cover and let it sit in the refrigerator for about an hour.
- Combine all tabbouleh ingredients and adjust salt and oil to your preference. Cover and chill while the chicken is marinating but first you should do like I did and dip a handful of pita chips in it.
- When the chicken has marinated, prepare grill to medium heat. Grill the chicken until done at least 16
- I like mine very done, even with some crispy edges.

Half the pita bread, and split open. Fill the halves with chicken, tabbouleh and finally theyogurt sauce.

Nutrition Facts



PROTEIN 25.63% **FAT 47.14%** **CARBS 27.23%**

Properties

Glycemic Index:112, Glycemic Load:12.09, Inflammation Score:-9, Nutrition Score:32.367391304348%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Eriodictyol: 1.3mg, Eriodictyol: 1.3mg, Eriodictyol: 1.3mg, Eriodictyol: 1.3mg Hesperetin: 2.84mg, Hesperetin: 2.84mg, Hesperetin: 2.84mg, Hesperetin: 2.84mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 1.17mg, Apigenin: 1.17mg, Apigenin: 1.17mg, Apigenin: 1.17mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 541.4kcal (27.07%), Fat: 29.26g (45.02%), Saturated Fat: 4.31g (26.93%), Carbohydrates: 38.05g (12.68%), Net Carbohydrates: 30.79g (11.2%), Sugar: 17.3g (19.23%), Cholesterol: 75.07mg (25.02%), Sodium: 1206.41mg (52.45%), Protein: 35.79g (71.59%), Vitamin B3: 15.06mg (75.32%), Vitamin B6: 1.38mg (69.07%), Selenium: 44.56µg (63.65%), Vitamin E: 7.35mg (48.97%), Phosphorus: 471.19mg (47.12%), Manganese: 0.88mg (43.92%), Vitamin C: 32.62mg (39.53%), Potassium: 1369.34mg (39.12%), Vitamin K: 37.62µg (35.83%), Vitamin A: 1678.78IU (33.58%), Magnesium: 121.71mg (30.43%), Fiber: 7.26g (29.03%), Copper: 0.57mg (28.48%), Vitamin B2: 0.46mg (27.11%), Iron: 4.86mg (27%), Vitamin B5: 2.52mg (25.18%), Vitamin B1: 0.33mg (21.74%), Folate: 70.13µg (17.53%), Calcium: 167.03mg (16.7%), Zinc: 2.21mg (14.77%), Vitamin B12: 0.58µg (9.61%)