



Moroccan Tacos

READY IN



45 min.

SERVINGS



4

CALORIES



183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cucumber seeded chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 teaspoon ground cardamom
- ☐ 1 teaspoon ground coriander seeds
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 3 cups salad greens mixed
- ☐ 3 tablespoons onion finely chopped
- ☐ 0.3 teaspoon salt

- ☐ 1 pound chicken breasts boneless skinless cut into 1-inch pieces
- ☐ 0.3 teaspoon sugar
- ☐ 4 6-inch pitas whole wheat cut in half ()
- ☐ 8 ounce carton yogurt plain low-fat divided

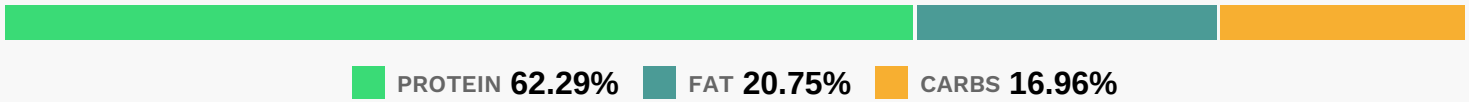
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ Prepare grill.
- ☐ Combine 1/3 cup yogurt and next 5 ingredients (yogurt through red pepper) in a small bowl. Thread chicken pieces onto four (10-inch) skewers.
- ☐ Brush chicken with yogurt mixture. Chill 10 minutes.
- ☐ Place skewers on a grill rack coated with cooking spray; cook 4 minutes on each side or until done.
- ☐ Remove chicken from skewers.
- ☐ Combine the remaining yogurt, cucumber, cilantro, onion, and sugar in a small bowl.
- ☐ Combine chicken, 1/4 cup cucumber mixture, and greens in a large bowl, tossing gently to coat. Fill each pita half with 1/2 cup chicken mixture.
- ☐ Serve with remaining cucumber mixture.

Nutrition Facts



Properties

Glycemic Index:46.52, Glycemic Load:0.39, Inflammation Score:-6, Nutrition Score:15.901304359021%

Flavonoids

Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 183.14kcal (9.16%), Fat: 4.13g (6.36%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 7.6g (2.53%), Net Carbohydrates: 6.9g (2.51%), Sugar: 4.85g (5.39%), Cholesterol: 75.98mg (25.33%), Sodium: 330.78mg (14.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.92g (55.84%), Vitamin B3: 12.16mg (60.79%), Selenium: 38.95µg (55.64%), Vitamin B6: 0.93mg (46.43%), Phosphorus: 344.78mg (34.48%), Vitamin B5: 2.05mg (20.5%), Potassium: 664.94mg (19%), Vitamin B2: 0.26mg (15.47%), Calcium: 127.64mg (12.76%), Vitamin C: 10.42mg (12.63%), Magnesium: 50.36mg (12.59%), Vitamin A: 541.7IU (10.83%), Manganese: 0.21mg (10.29%), Vitamin B12: 0.54µg (9.07%), Zinc: 1.36mg (9.04%), Vitamin B1: 0.12mg (8.3%), Iron: 1.21mg (6.74%), Folate: 26.78µg (6.69%), Vitamin K: 4.81µg (4.58%), Copper: 0.08mg (4.18%), Fiber: 0.7g (2.8%), Vitamin E: 0.32mg (2.16%)