



Scaredy-Cat Greek Chicken Salad

READY IN



15 min.

SERVINGS



4

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons olive oil
- 2 tablespoons parsley fresh italian chopped (flat-leaf)
- 4.5 teaspoons red wine vinegar
- 1.5 teaspoons oregano dried fresh chopped
- 0.3 teaspoon salt
- 4 cups the of 1 cos lettuce
- 0.5 cup kalamata olives pitted
- 0.5 cup onion red thinly sliced
- 3 medium tomatoes cut into thin wedges

- 1 medium cucumber peeled seeded chopped
- 6 oz chicken breast strips/pre-cooked/chopped refrigerated
- 4 6-inch wholewheat pita breads (pocket) ()
- 3 oz feta cheese crumbled

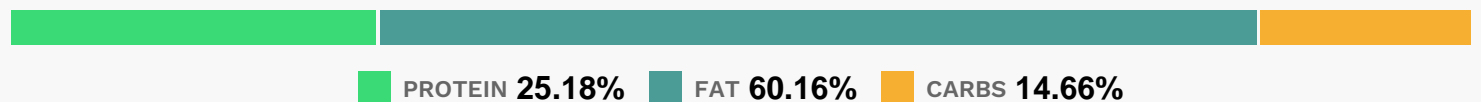
Equipment

- bowl
- whisk
- cookie cutter

Directions

- In small bowl, beat all dressing ingredients with wire whisk.
- In large bowl, toss lettuce, olives, onion, tomatoes, cucumber and chicken.
- With cat-shaped cookie cutter, cut out cat shapes from pita breads.
- Pour dressing over salad; toss until well coated.
- Sprinkle with cheese.
- Serve with pita cats.

Nutrition Facts



Properties

Glycemic Index:60.25, Glycemic Load:2.24, Inflammation Score:-10, Nutrition Score:22.932608713274%

Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 288.95kcal (14.45%), Fat: 19.66g (30.24%), Saturated Fat: 5.12g (32.02%), Carbohydrates: 10.78g (3.59%), Net Carbohydrates: 7.03g (2.56%), Sugar: 4.67g (5.18%), Cholesterol: 55.07mg (18.36%), Sodium: 699.95mg (30.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.51g (37.02%), Vitamin A: 5244.94IU (104.9%), Vitamin K: 103.69µg (98.75%), Vitamin B3: 6.9mg (34.5%), Vitamin B6: 0.52mg (25.94%), Folate: 102.66µg (25.67%), Vitamin C: 20.31mg (24.62%), Phosphorus: 225.57mg (22.56%), Selenium: 15.45µg (22.07%), Vitamin E: 3.04mg (20.26%), Vitamin B2: 0.3mg (17.82%), Calcium: 172.48mg (17.25%), Potassium: 585.45mg (16.73%), Manganese: 0.3mg (15.1%), Fiber: 3.75g (15%), Magnesium: 46.5mg (11.62%), Iron: 2.02mg (11.22%), Vitamin B1: 0.16mg (10.97%), Zinc: 1.48mg (9.87%), Vitamin B5: 0.93mg (9.33%), Copper: 0.18mg (8.92%), Vitamin B12: 0.5µg (8.4%)