



Scaredy-Cat Greek Chicken Salad

READY IN



15 min.

SERVINGS



4

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 oz chicken breast strips/pre-cooked/chopped refrigerated
- 1 medium cucumber peeled seeded chopped
- 3 oz feta cheese crumbled
- 0.5 cup kalamata olives pitted
- 3 tablespoons olive oil
- 2 tablespoons parsley fresh italian chopped (flat-leaf)
- 4 6-inch wholewheat pita breads (pocket) ()
- 0.5 cup onion red thinly sliced
- 4.5 teaspoons red wine vinegar

- 4 cups the of 1 cos lettuce
- 0.3 teaspoon salt
- 3 medium tomatoes cut into thin wedges

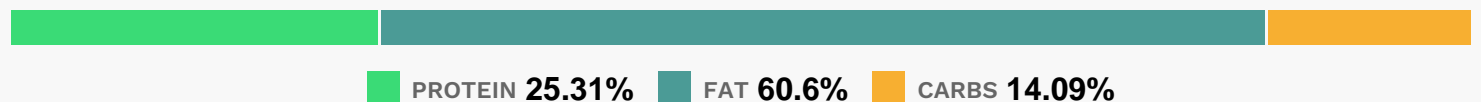
Equipment

- 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:59, Glycemic Load:2.23, Inflammation Score:-10, Nutrition Score:22.325652148413%

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: 286.96kcal (14.35%), Fat: 19.63g (30.19%), Saturated Fat: 5.11g (31.95%), Carbohydrates: 10.26g (3.42%), Net Carbohydrates: 6.83g (2.48%), Sugar: 4.64g (5.15%), Cholesterol: 55.07mg (18.36%), Sodium: 699.77mg

(30.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.44g (36.89%), Vitamin A: 5232.18IU (104.64%), Vitamin K: 99.03µg (94.31%), Vitamin B3: 6.87mg (34.33%), Vitamin B6: 0.51mg (25.54%), Folate: 100.88µg (25.22%), Vitamin C: 20.29mg (24.6%), Phosphorus: 224.46mg (22.45%), Selenium: 15.42µg (22.03%), Vitamin E: 2.9mg (19.34%), Vitamin B2: 0.3mg (17.59%), Potassium: 576mg (16.46%), Calcium: 160.5mg (16.05%), Fiber: 3.43g (13.72%), Manganese: 0.26mg (13.23%), Magnesium: 44.47mg (11.12%), Vitamin B1: 0.16mg (10.88%), Zinc: 1.46mg (9.74%), Iron: 1.74mg (9.69%), Vitamin B5: 0.93mg (9.26%), Copper: 0.17mg (8.68%), Vitamin B12: 0.5µg (8.4%)