



Skillet Chicken Souvlaki

READY IN



20 min.

SERVINGS



4

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 teaspoons bottled garlic minced
- 0.5 cup cucumber english grated
- 1 tablespoon flat-leaf parsley fresh chopped
- 1 cup bell pepper green thinly sliced (1)
- 1 teaspoon juice of lemon fresh
- 0.5 teaspoon lemon rind grated
- 0.3 cup cup heavy whipping cream sour reduced-fat
- 1 tablespoon olive oil divided

- 1.5 cups onion vertically sliced (1 medium)
- 0.5 teaspoon oregano dried
- 4 6-inch pitas whole-wheat soft cut in half ()
- 2 plum tomatoes thinly sliced
- 0.1 teaspoon salt
- 0.5 teaspoon salt
- 1 pound chicken breast boneless skinless thinly sliced
- 0.3 cup yogurt 2% greek-style (such as Fage)

Equipment

- frying pan

Directions

- Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat.
- Sprinkle chicken with 1/2 teaspoon salt and black pepper.
- Add chicken to pan; saut 5 minutes or until done.
- Remove from pan.
- Add 1 teaspoon oil to pan.
- Add onion and bell pepper; saut 3 minutes.
- Add chicken, garlic, and oregano; cook 30 seconds.
- Combine cucumber and next 6 ingredients (through 1/8 teaspoon salt).
- Serve chicken mixture with yogurt sauce, warmed pita, and tomato slices.
- Combine 5 cups torn romaine lettuce, 1/3 cup sliced red onion, and 3 sliced pepperoncini peppers.
- Combine 2 tablespoons red wine vinegar, 2 tablespoons olive oil, and 1/4 teaspoon salt; toss with salad. Top with 1/4 cup crumbled feta cheese and 3 tablespoons halved kalamata olives.

Nutrition Facts

 **PROTEIN 47.12%**  **FAT 31.8%**  **CARBS 21.08%**

Properties

Glycemic Index:67.75, Glycemic Load:2.44, Inflammation Score:-8, Nutrition Score:19.102608812892%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 1.78mg, Luteolin: 1.78mg, Luteolin: 1.78mg, Luteolin: 1.78mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 13.24mg, Quercetin: 13.24mg, Quercetin: 13.24mg, Quercetin: 13.24mg

Nutrients (% of daily need)

Calories: 234.57kcal (11.73%), Fat: 8.26g (12.7%), Saturated Fat: 2.16g (13.5%), Carbohydrates: 12.31g (4.1%), Net Carbohydrates: 9.95g (3.62%), Sugar: 5g (5.55%), Cholesterol: 78.23mg (26.08%), Sodium: 523.19mg (22.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.53g (55.05%), Vitamin B3: 12.38mg (61.88%), Selenium: 38.69µg (55.27%), Vitamin B6: 1.08mg (54.09%), Vitamin C: 43.41mg (52.62%), Phosphorus: 306.82mg (30.68%), Vitamin K: 28.18µg (26.84%), Potassium: 736.41mg (21.04%), Vitamin B5: 1.86mg (18.59%), Manganese: 0.26mg (13.22%), Magnesium: 49.52mg (12.38%), Vitamin B2: 0.21mg (12.31%), Vitamin A: 582.18IU (11.64%), Vitamin B1: 0.15mg (10.3%), Fiber: 2.37g (9.46%), Vitamin E: 1.14mg (7.63%), Folate: 30.41µg (7.6%), Calcium: 74.5mg (7.45%), Zinc: 1.08mg (7.22%), Vitamin B12: 0.37µg (6.24%), Copper: 0.12mg (6.06%), Iron: 1.06mg (5.89%)