



Slow-Cooker Greek Chicken Pita Folds

READY IN



370 min.

SERVINGS



4

CALORIES



324 kcal

Ingredients

- ☐ 1 medium onion halved sliced
- ☐ 1 clove garlic finely chopped
- ☐ 1.5 teaspoons lemon pepper
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 lb chicken thighs boneless skinless
- ☐ 4 wholewheat pita breads
- ☐ 0.5 cup yogurt plain fat free 99% yoplait® (from 2-lb container)
- ☐ 1 plum tomatoes sliced (Roma)

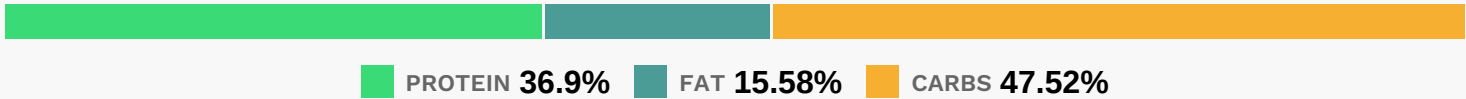
Equipment

- ☐ slotted spoon
- ☐ slow cooker

Directions

- ☐ Spray 3- to 4-quart slow cooker with cooking spray. In cooker, mix onion, garlic, lemon-pepper seasoning, oregano and allspice.
- ☐ Add chicken; coat with seasoning mixture.
- ☐ Cover; cook on Low heat setting 6 to 8 hours.
- ☐ About 10 minutes before serving, heat pita bread folds as directed on package. Meanwhile, remove chicken from cooker; place on plate. Stir yogurt into onion mixture. Shred chicken by pulling apart with 2 forks. Spoon chicken onto warm pita breads. Spoon onion mixture, using slotted spoon, onto chicken. Top with tomato and cucumber. Fold pita breads in half to serve.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:29.96, Inflammation Score:-6, Nutrition Score:15.270434877147%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 323.88kcal (16.19%), Fat: 5.5g (8.46%), Saturated Fat: 1.33g (8.32%), Carbohydrates: 37.71g (12.57%), Net Carbohydrates: 35.48g (12.9%), Sugar: 3.95g (4.39%), Cholesterol: 108.34mg (36.11%), Sodium: 426.98mg (18.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.29g (58.57%), Vitamin B3: 7.72mg (38.62%), Selenium: 27.03µg (38.61%), Phosphorus: 328.99mg (32.9%), Vitamin B6: 0.6mg (29.98%), Manganese: 0.47mg (23.33%), Vitamin B2: 0.34mg (20.04%), Vitamin B1: 0.29mg (19.17%), Vitamin B5: 1.84mg (18.44%), Zinc: 2.59mg (17.27%), Vitamin B12: 0.91µg (15.21%), Potassium: 517.43mg (14.78%), Calcium: 136.68mg (13.67%), Magnesium: 53.23mg

(13.31%), Iron: 2mg (11.14%), Copper: 0.2mg (9.83%), Fiber: 2.22g (8.9%), Folate: 29.99µg (7.5%), Vitamin K: 7.48µg (7.12%), Vitamin C: 4.72mg (5.72%), Vitamin A: 168.12IU (3.36%), Vitamin E: 0.35mg (2.32%)