



## Souvlaki' Chicken Salad Sandwich with Roasted Red Peppers and Feta

 Popular

READY IN



45 min.

SERVINGS



1

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 slices bread
- ☐ 1 tablespoon feta crumbled ()
- ☐ 1 small clove garlic chopped
- ☐ 0.5 lemon zest (zest and juice)
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon oregano
- ☐ 1 tablespoon onion diced red ()

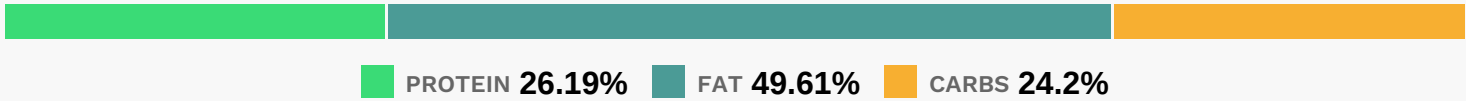
- ☐ 2 tablespoons drippings from roast chicken
- ☐ 0.3 small roasted pepper diced red ()
- ☐ 1 serving salt and pepper to taste
- ☐ 0.5 cup meat from a rotisserie chicken shredded leftover cooked ( chicken souvlaki works best)
- ☐ 1 tablespoon tzatziki

Equipment

Directions

- ☐ Mix the warm shredded chicken in the lemon, oregano, garlic, oil, drippings, salt and pepper.
- ☐ Assemble Sandwich and enjoy.

Nutrition Facts



Properties

Glycemic Index:147.67, Glycemic Load:14.97, Inflammation Score:-8, Nutrition Score:20.54478260486%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 525.23kcal (26.26%), Fat: 28.9g (44.46%), Saturated Fat: 6.91g (43.21%), Carbohydrates: 31.72g (10.57%), Net Carbohydrates: 28.39g (10.32%), Sugar: 4.33g (4.81%), Cholesterol: 92.31mg (30.77%), Sodium: 930.4mg (40.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.32g (68.64%), Selenium: 43.74µg (62.49%), Vitamin B3: 11.29mg (56.44%), Manganese: 0.82mg (40.87%), Phosphorus: 331.89mg (33.19%), Vitamin B6: 0.62mg (31.19%), Vitamin B2: 0.45mg (26.32%), Vitamin B1: 0.33mg (22.3%), Iron: 3.95mg (21.94%), Calcium: 217.53mg (21.75%), Zinc: 2.69mg (17.93%), Vitamin K: 17.79µg (16.94%), Vitamin B5: 1.64mg (16.44%), Folate: 64.25µg (16.06%), Vitamin E: 2.35mg (15.65%), Fiber: 3.33g (13.31%), Magnesium: 53.02mg (13.26%), Vitamin C: 9.98mg (12.1%), Potassium: 375.24mg (10.72%), Vitamin B12: 0.58µg (9.6%), Copper: 0.18mg (8.96%), Vitamin A: 230.76IU (4.62%)