



Tzatziki Chicken Salad

READY IN



16 min.

SERVINGS



4

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups chicken breast shredded boneless skinless
- ☐ 1 cucumber shredded seeded
- ☐ 2 teaspoons optional: dill fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.4 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 3 ounces pita chips
- ☐ 0.7 cup greek yogurt plain 2% reduced-fat

- ☐ 0.3 cup onion red finely chopped
- ☐ 4 servings the salad mixed

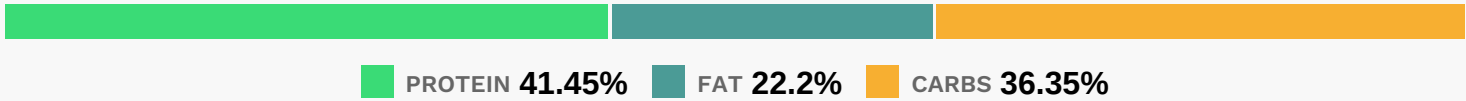
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 8 ingredients in a medium bowl, stirring with a whisk.
- ☐ Add chicken; toss to coat.
- ☐ Serve with pita chips.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:0.46, Inflammation Score:-6, Nutrition Score:15.337826065395%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 224.68kcal (11.23%), Fat: 5.47g (8.42%), Saturated Fat: 0.77g (4.8%), Carbohydrates: 20.17g (6.72%), Net Carbohydrates: 18.61g (6.77%), Sugar: 3.66g (4.07%), Cholesterol: 49.67mg (16.56%), Sodium: 511.11mg (22.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.99g (45.99%), Selenium: 34.74µg (49.63%), Vitamin B3: 9.66mg (48.3%), Vitamin B6: 0.7mg (35%), Phosphorus: 265.13mg (26.51%), Vitamin C: 15.05mg (18.24%), Vitamin B2: 0.28mg (16.3%), Potassium: 546.27mg (15.61%), Folate: 62.11µg (15.53%), Manganese: 0.31mg (15.52%), Vitamin B5: 1.54mg (15.37%), Vitamin B1: 0.22mg (14.45%), Magnesium: 46.09mg (11.52%), Vitamin E: 1.65mg (11.01%), Vitamin A: 537.27IU (10.75%), Iron: 1.75mg (9.71%), Zinc: 1.06mg (7.05%), Copper: 0.14mg (6.89%), Calcium: 64.74mg (6.47%), Vitamin B12: 0.38µg (6.39%), Fiber: 1.56g (6.25%), Vitamin K: 6.06µg (5.77%)