

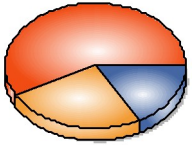


Chicken Souvlaki Salad

By: Created by DrJez LLC

Recipe grams: 1031.57g/36.4oz

Serves 4 257.89g/9.1oz per serving



Protein: 63%
Carbohydrates: 11%
Fat: 25%

INGREDIENTS

2 tsp GARLIC, RAW
1 tsp LEMON JUICE
1 tsp OLIVE OIL, EXTRA VIRGIN
1 tsp OREGANO, DRIED
1/4 tsp SALT, TABLE
1/4 tsp BLACK PEPPER, GROUND
1 lb CHICKEN BREAST, BONELESS, ROASTED, MEAT ONLY
1 medium CUCUMBER, PEELED, RAW
1/2 cup ONION, RAW
2 oz FETA CHEESE, REDUCED FAT
2 tomatos TOMATO, RED, RIPE, RAW
1 tsp WHITE WINE VINEGAR
1/2 tsp GARLIC POWDER
1/2 cup YOGURT, NONFAT, PLAIN

DIRECTIONS

Shred cooked chicken and combine with remaining ingredients

Nutrition Facts

Serving Size: 1 serving (257.9g)

Servings: 1

Amount Per Serving

Calories 260 Calories from Fat 70

% Daily Value*

Total Fat 7g **10%**

Saturated Fat 2.5g **15%**

Trans Fat 0g

Cholesterol 100mg **35%**

Sodium 440mg **20%**

Total Carbohydrate 7g **2%**

Dietary Fiber 1g **6%**

Sugars 3g

Protein 41g

Vitamin A 10%

Vitamin C 10%

Calcium 10%

Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.