



 **10%**  
HEALTH SCORE

## Bbq Grilled Chicken Kebabs

 **Gluten Free**  **Dairy Free**

READY IN



**150 min.**

SERVINGS



**6**

CALORIES



**162 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon garlic powder
- 0.5 teaspoon ground ginger
- 1.5 tablespoons honey
- 45 ml juice of lemon
- 12 large mushroom caps
- 6 chicken breast halves boneless skinless cut into 4 cm pcs
- 45 ml soya sauce
- 90 ml water

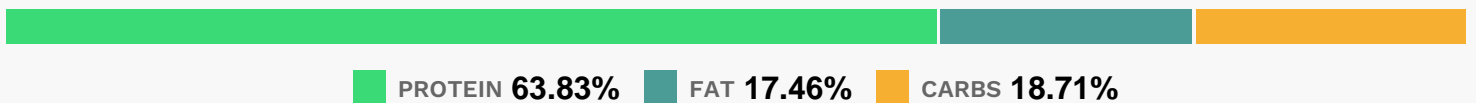
## Equipment

- sauce pan
- grill
- skewers
- glass baking pan

## Directions

- In a glass baking dish, combine the first 6 ingredients together.
- Add the chicken pcs.
- Mix well to coat the chicken with the remaining ingredients.
- Cover.
- Marinate for 2 hours atleast in the refrigerator.
- Prepare your grill in the meantime.
- Remove the chicken pcs.
- from the marinade.
- Boil the marinade in a saucepan for 10 minutes.
- Alternate the chicken pcs.
- and the vegetables on skewers.
- Grill 15 cm from medium-hot coals for 15-20 minutes, or until done, turning and basting every few minutes with the marinade.
- Serve hot.
- Enjoy!

## Nutrition Facts



## Properties

Glycemic Index:17.38, Glycemic Load:2.7, Inflammation Score:-2, Nutrition Score:13.17869580699%

## Flavonoids

Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 161.8kcal (8.09%), Fat: 3.1g (4.77%), Saturated Fat: 0.65g (4.06%), Carbohydrates: 7.47g (2.49%), Net Carbohydrates: 6.63g (2.41%), Sugar: 5.31g (5.9%), Cholesterol: 72.32mg (24.11%), Sodium: 545.66mg (23.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.49g (50.98%), Vitamin B3: 13.19mg (65.97%), Selenium: 38.02µg (54.31%), Vitamin B6: 0.95mg (47.66%), Phosphorus: 280.36mg (28.04%), Vitamin B5: 2.07mg (20.74%), Potassium: 534.69mg (15.28%), Vitamin B2: 0.19mg (11.1%), Magnesium: 39.19mg (9.8%), Manganese: 0.18mg (9.06%), Zinc: 1.01mg (6.71%), Vitamin B1: 0.08mg (5.59%), Vitamin C: 4.38mg (5.31%), Copper: 0.09mg (4.39%), Iron: 0.78mg (4.35%), Vitamin B12: 0.23µg (3.77%), Fiber: 0.84g (3.35%), Folate: 11.27µg (2.82%), Vitamin E: 0.23mg (1.52%), Vitamin D: 0.22µg (1.5%)