



Boka Dushi (Dutch West Indian Chicken Kebabs)

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



142 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon ground turmeric
- ☐ 0.3 cup kecap manis
- ☐ 1 tablespoon juice of lime fresh
- ☐ 6 servings dutch west indian peanut sauce
- ☐ 1.5 pounds chicken breast boneless skinless cut into 1/2-inch-wide strips, or 1 1/2 pounds chicken tenders

☐ 1 teaspoon thai chile paste

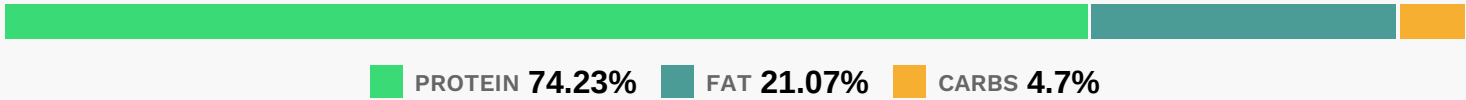
Equipment

- ☐ grill
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ Combine first 7 ingredients in a large zip-top plastic bag; seal and marinate in refrigerator 30 minutes.
- ☐ Prepare grill.
- ☐ Remove chicken from bag, and discard marinade. Thread chicken strips onto 18 (8-inch) skewers.
- ☐ Place kebabs on grill rack coated with cooking spray; grill 2 minutes on each side or until done.
- ☐ Serve with Dutch West Indian Peanut Sauce.
- ☐ (Totals include Dutch West Indian Peanut Sauce)

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:0.09, Inflammation Score:-8, Nutrition Score:11.526521528545%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 141.59kcal (7.08%), Fat: 3.19g (4.9%), Saturated Fat: 0.66g (4.1%), Carbohydrates: 1.6g (0.53%), Net Carbohydrates: 1.42g (0.52%), Sugar: 0.48g (0.54%), Cholesterol: 72.57mg (24.19%), Sodium: 686.57mg (29.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.27g (50.53%), Vitamin B3: 12.26mg (61.28%), Selenium:

36.41µg (52.01%), Vitamin B6: 0.88mg (43.82%), Phosphorus: 253.82mg (25.38%), Vitamin B5: 1.66mg (16.57%), Potassium: 459.01mg (13.11%), Magnesium: 35.48mg (8.87%), Vitamin B2: 0.13mg (7.69%), Vitamin B1: 0.08mg (5.48%), Iron: 0.95mg (5.29%), Zinc: 0.73mg (4.85%), Manganese: 0.09mg (4.57%), Vitamin B12: 0.23µg (3.78%), Vitamin C: 2.35mg (2.84%), Copper: 0.05mg (2.54%), Folate: 6.78µg (1.7%), Vitamin E: 0.24mg (1.61%), Calcium: 11.63mg (1.16%)