



Cajun Turkey Kabobs

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



167 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bell peppers assorted cut into 1-inch pieces
- ☐ 2 tablespoons cajun spice
- ☐ 3 small onions red quartered
- ☐ 6 servings garnish: thyme sprigs fresh
- ☐ 1.5 pounds turkey breast tenderloins trimmed cut into 1 1/2-inch pieces
- ☐ 72 inch metal skewers
- ☐ 72 inch metal skewers

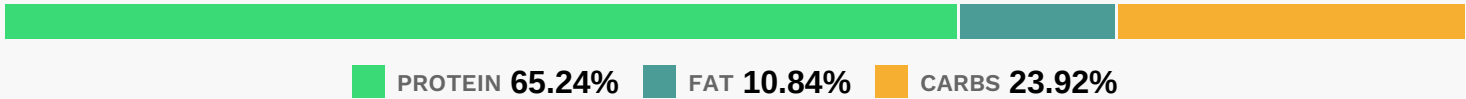
Equipment

- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Soak wooden skewers in water 30 minutes to prevent burning.
- ☐ Thread turkey, peppers, and onions alternately onto skewers.
- ☐ Sprinkle kabobs evenly with Cajun seasoning; lightly coat with cooking spray.
- ☐ Grill kabobs, covered with grill lid, over medium heat (300 to 350°F)
- ☐ to 8 minutes on each side or until done.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:2, Inflammation Score:-10, Nutrition Score:11.778695694778%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.3mg, Quercetin: 11.3mg, Quercetin: 11.3mg, Quercetin: 11.3mg

Nutrients (% of daily need)

Calories: 166.55kcal (8.33%), Fat: 2.06g (3.17%), Saturated Fat: 0.61g (3.82%), Carbohydrates: 10.23g (3.41%), Net Carbohydrates: 7.09g (2.58%), Sugar: 5.07g (5.64%), Cholesterol: 50.62mg (16.87%), Sodium: 82.19mg (3.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.9g (55.8%), Vitamin C: 81.85mg (99.21%), Vitamin A: 3060.82IU (61.22%), Vitamin B6: 0.29mg (14.63%), Fiber: 3.14g (12.56%), Vitamin E: 1.63mg (10.87%), Folate: 39.41µg (9.85%), Manganese: 0.19mg (9.59%), Potassium: 265.14mg (7.58%), Vitamin B2: 0.1mg (5.81%), Iron: 1.04mg (5.77%), Vitamin K: 5.01µg (4.77%), Magnesium: 18.39mg (4.6%), Vitamin B3: 0.9mg (4.5%), Vitamin B1: 0.07mg (4.37%), Phosphorus: 39.81mg (3.98%), Vitamin B5: 0.32mg (3.19%), Copper: 0.05mg (2.69%), Calcium: 26.21mg (2.62%), Zinc: 0.36mg (2.41%)