



Caribbean Chicken-and-Papaya Kebabs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound skinned boned chicken breasts cut into 1-inch pieces
- ☐ 0.5 teaspoon ground allspice
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 2 tablespoons blackstrap molasses
- ☐ 1 papaya peeled cut into 1-inch pieces
- ☐ 1 tablespoon habanero pepper sauce
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.1 teaspoon salt

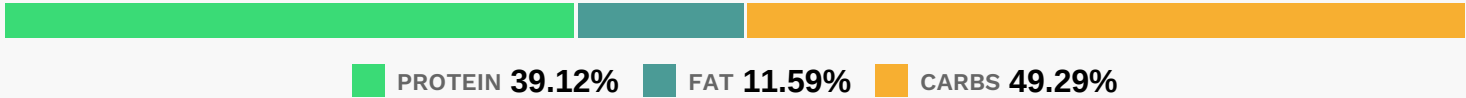
Equipment

- ☐ bowl
- ☐ grill
- ☐ broiler
- ☐ skewers
- ☐ broiler pan

Directions

- ☐ Combine first 7 ingredients in a bowl; stir well. Cover and marinate in refrigerator 1 to 8 hours.
- ☐ Remove chicken from bowl, reserving marinade.
- ☐ Thread chicken and papaya alternately onto 2 (10-inch) skewers. Prepare grill or broiler.
- ☐ Place kebabs on grill rack or broiler pan coated with cooking spray; cook 7 minutes on each side or until done, basting occasionally with reserved marinade.
- ☐ Serve with black beans and yellow rice.

Nutrition Facts



Properties

Glycemic Index:81.38, Glycemic Load:14.98, Inflammation Score:-9, Nutrition Score:23.786521745765%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Nutrients (% of daily need)

Calories: 267.45kcal (13.37%), Fat: 3.48g (5.35%), Saturated Fat: 0.79g (4.94%), Carbohydrates: 33.28g (11.09%), Net Carbohydrates: 30.37g (11.04%), Sugar: 27.3g (30.33%), Cholesterol: 72.57mg (24.19%), Sodium: 874.09mg (38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.41g (52.82%), Vitamin C: 104.79mg (127.01%), Vitamin B3: 12.84mg (64.22%), Selenium: 40.89µg (58.41%), Vitamin B6: 1.11mg (55.26%), Vitamin A: 1551.1IU (31.02%), Magnesium: 123.52mg (30.88%), Potassium: 1076.51mg (30.76%), Phosphorus: 290.44mg (29.04%), Manganese:

0.48mg (24.2%), Vitamin B5: 2.13mg (21.33%), Folate: 69.7µg (17.42%), Vitamin B2: 0.2mg (11.76%), Iron: 2.11mg (11.7%), Fiber: 2.91g (11.66%), Copper: 0.22mg (10.87%), Calcium: 86.75mg (8.67%), Vitamin B1: 0.13mg (8.53%), Zinc: 0.99mg (6.6%), Vitamin E: 0.79mg (5.25%), Vitamin K: 5.21µg (4.97%), Vitamin B12: 0.23µg (3.78%)