



Caribbean Chicken Kabobs



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons walkerswood jamaican jerk seasoning dry ()
- ☐ 1 small pineapple cut into 1-inch cubes
- ☐ 1 medium bell pepper red cut into 1-inch pieces
- ☐ 1 small onion red cut into 1-inch pieces
- ☐ 1.8 pounds chicken breast halves boneless skinless cut into 1 1/2-inch pieces
- ☐ 0.3 cup vegetable oil

Equipment

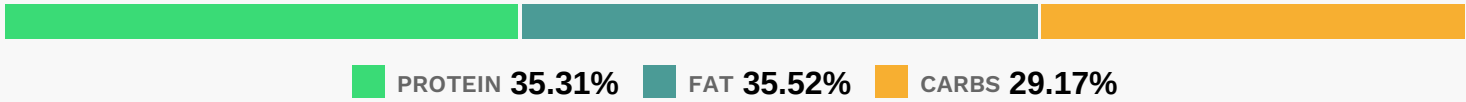
- ☐ grill

☐ metal skewers

Directions

- ☐ Brush grill rack with vegetable oil.
- ☐ Heat coals or gas grill for direct heat.
- ☐ Brush chicken with 2 tablespoons of the oil.
- ☐ Place chicken and jerk seasoning in resealable plastic food-storage bag. Shake bag to coat chicken with seasoning. Thread chicken, pineapple, bell pepper and onion alternately on each of eight 12-inch metal skewers, leaving 1/4-inch space between each piece.
- ☐ Brush kabobs with remaining 2 tablespoons oil.
- ☐ Cover and grill kabobs over medium heat 15 to 20 minutes, turning once, until chicken is no longer pink in center.

Nutrition Facts



Properties

Glycemic Index:14.71, Glycemic Load:8.24, Inflammation Score:-8, Nutrition Score:21.978260670019%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 247.73kcal (12.39%), Fat: 10g (15.39%), Saturated Fat: 1.7g (10.63%), Carbohydrates: 18.49g (6.16%), Net Carbohydrates: 15.32g (5.57%), Sugar: 12.57g (13.96%), Cholesterol: 63.5mg (21.17%), Sodium: 166.58mg (7.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.38g (44.76%), Vitamin C: 75.34mg (91.32%), Manganese: 1.15mg (57.45%), Vitamin B3: 11.42mg (57.12%), Vitamin B6: 0.99mg (49.62%), Selenium: 32.56µg (46.51%), Vitamin A: 1450.89IU (29.02%), Phosphorus: 234.27mg (23.43%), Vitamin B5: 1.75mg (17.46%), Potassium: 600.39mg (17.15%), Vitamin K: 17.47µg (16.64%), Vitamin E: 2.15mg (14.34%), Fiber: 3.17g (12.7%), Magnesium: 47mg (11.75%), Vitamin B1: 0.17mg (11.65%), Vitamin B2: 0.18mg (10.59%), Copper: 0.19mg (9.46%), Folate: 34.63µg (8.66%), Iron: 1.31mg (7.27%), Zinc: 0.9mg (6.01%), Calcium: 33.77mg (3.38%), Vitamin B12: 0.2µg (3.31%)