



Caribbean Chicken Kebabs with Lime-Cayenne Butter



Gluten Free



Dairy Free

READY IN



22 min.

SERVINGS



4

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon ginger fresh minced
- ☐ 2 garlic clove minced
- ☐ 1 pint grape tomatoes
- ☐ 4 servings lime
- ☐ 0.3 cup orange juice
- ☐ 1 pineapple cubed
- ☐ 2 bell pepper red cut into 1 1/2-inch pieces

- ☐ 2 pounds chicken breast boneless skinless cut into 1 1/2-inch pieces
- ☐ 0.3 cup soya sauce
- ☐ 1 onion sweet cut into 1 1/2-inch pieces

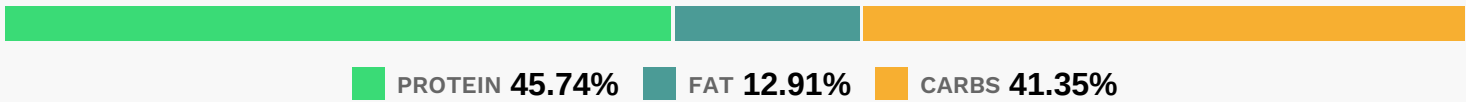
Equipment

- ☐ grill
- ☐ skewers

Directions

- ☐ Combine first 4 ingredients in a shallow dish or large plastic zip-top bag.
- ☐ Add chicken and onion, stirring to cover. Refrigerate 3 to 6 hours.
- ☐ Drain chicken and onion; discard marinade. Thread chicken, onion, and next 3 ingredients on 10 or 12 (10-inch) skewers.
- ☐ Brush with Lime-Cayenne Butter.
- ☐ Grill over medium heat (325 to 35
- ☐ for 8 to 10 minutes or until chicken is cooked through, turning and basting several times with Lime-Cayenne Butter.

Nutrition Facts



Properties

Glycemic Index:68.17, Glycemic Load:19.01, Inflammation Score:-10, Nutrition Score:41.497391213541%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 5.48mg, Hesperetin: 5.48mg, Hesperetin: 5.48mg, Hesperetin: 5.48mg Naringenin: 1.48mg, Naringenin: 1.48mg, Naringenin: 1.48mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg Quercetin: 13.26mg, Quercetin: 13.26mg, Quercetin: 13.26mg, Quercetin: 13.26mg

Nutrients (% of daily need)

Calories: 457.65kcal (22.88%), Fat: 6.71g (10.32%), Saturated Fat: 1.38g (8.66%), Carbohydrates: 48.35g (16.12%), Net Carbohydrates: 41.38g (15.05%), Sugar: 34.17g (37.97%), Cholesterol: 145.15mg (48.38%), Sodium: 1090.9mg (47.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.48g (106.97%), Vitamin C: 220.07mg (266.75%), Vitamin B3: 26.87mg (134.33%), Manganese: 2.5mg (124.89%), Vitamin B6: 2.39mg (119.36%), Selenium: 73.66µg (105.22%), Vitamin A: 3093.39IU (61.87%), Phosphorus: 586.66mg (58.67%), Potassium: 1677.44mg (47.93%), Vitamin B5: 4.21mg (42.08%), Vitamin B1: 0.47mg (31.07%), Folate: 123.41µg (30.85%), Magnesium: 122.8mg (30.7%), Fiber: 6.98g (27.9%), Vitamin B2: 0.42mg (24.72%), Copper: 0.48mg (23.76%), Iron: 2.74mg (15.24%), Zinc: 2.14mg (14.29%), Vitamin E: 2.1mg (13.99%), Vitamin K: 14.64µg (13.94%), Calcium: 83.57mg (8.36%), Vitamin B12: 0.45µg (7.56%), Vitamin D: 0.23µg (1.51%)