



Caribbean Chicken Shish Kebabs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



628 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup rice uncooked
- ☐ 0.1 teaspoon pepper black
- ☐ 1 teaspoon curry powder
- ☐ 1.3 cups less-sodium chicken broth fat-free
- ☐ 0.8 cup parsley fresh chopped
- ☐ 0.3 cup thyme leaves fresh minced
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 garlic cloves peeled

- ☐ 2 jalapeño peppers halved seeded
- ☐ 2 tablespoons juice of lime fresh
- ☐ 4 lime wedges
- ☐ 1 teaspoon olive oil
- ☐ 0.3 cup onion chopped
- ☐ 2 bell peppers red quartered
- ☐ 0.3 teaspoon salt
- ☐ 1.5 pounds skinned
- ☐ 2 tablespoons coconut or sweetened flaked toasted
- ☐ 0.8 cup water

Equipment

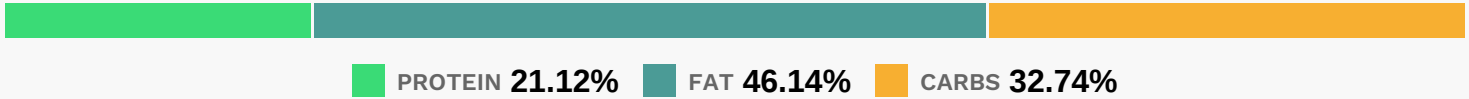
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ baking pan
- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Prepare Caribbean rub: Drop jalapeo and garlic through food chute with food processor on, and process until minced.
- ☐ Add parsley and next 6 ingredients (parsley through 1/8 teaspoon black pepper), and process until well-blended, scraping sides of bowl occasionally.
- ☐ Prepare shish kebabs: Trim fat from chicken.
- ☐ Sprinkle 1 tablespoon thyme, 1/4 teaspoon salt, and 1/8 teaspoon black pepper over chicken; roll up.
- ☐ Place 2 (12-inch) skewers parallel to each other about 1/2 inch apart on a work surface. Thread 4 chicken rolls and 4 bell pepper pieces alternately onto the skewers.

- ☐ Brush 2 tablespoons Caribbean rub over kebab.
- ☐ Place kebab in a 13 x 9-inch baking dish. Repeat procedure with remaining chicken rolls, bell peppers, and Caribbean rub. Cover and marinate in refrigerator 3 hours.
- ☐ Prepare grill.
- ☐ Place kebabs on a grill rack coated with cooking spray; grill 12 minutes on each side or until chicken is done.
- ☐ Heat oil in a saucepan coated with cooking spray over medium-high heat until hot.
- ☐ Add remaining Caribbean rub; saut 1 minute.
- ☐ Add rice, water, and broth; bring to a boil. Cover; reduce heat. Simmer 15 minutes or until liquid is absorbed.
- ☐ Let stand, covered, 10 minutes. Fluff with a fork.
- ☐ Place 1 cup rice on each of 4 serving plates. Arrange 2 chicken rolls and 2 bell pepper pieces on top of rice; sprinkle each serving with 1 1/2 teaspoons coconut.
- ☐ Serve with lime wedges.
- ☐ Note: If using wooden skewers, soak in water 30 minutes before assembling kebabs.

Nutrition Facts



Properties

Glycemic Index:93.3, Glycemic Load:24.21, Inflammation Score:-10, Nutrition Score:32.238260885944%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 8.41mg, Hesperetin: 8.41mg, Hesperetin: 8.41mg, Hesperetin: 8.41mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Apigenin: 24.36mg, Apigenin: 24.36mg, Apigenin: 24.36mg, Apigenin: 24.36mg Luteolin: 2.65mg, Luteolin: 2.65mg, Luteolin: 2.65mg, Luteolin: 2.65mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 1.7mg, Myricetin: 1.7mg, Myricetin: 1.7mg, Myricetin: 1.7mg Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg

Nutrients (% of daily need)

Calories: 628.17kcal (31.41%), Fat: 32.25g (49.61%), Saturated Fat: 9.89g (61.81%), Carbohydrates: 51.48g (17.16%), Net Carbohydrates: 46.78g (17.01%), Sugar: 6.65g (7.39%), Cholesterol: 166.7mg (55.57%), Sodium: 602.81mg

(26.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.21g (66.42%), Vitamin K: 193.75µg (184.52%), Vitamin C: 115.48mg (139.98%), Vitamin A: 3253.9IU (65.08%), Selenium: 42.07µg (60.1%), Vitamin B3: 10.08mg (50.38%), Vitamin B6: 0.95mg (47.35%), Manganese: 0.85mg (42.48%), Phosphorus: 377.12mg (37.71%), Vitamin B5: 2.64mg (26.37%), Vitamin B2: 0.36mg (21.28%), Iron: 3.81mg (21.17%), Potassium: 739.21mg (21.12%), Zinc: 3.14mg (20.96%), Vitamin B12: 1.23µg (20.51%), Fiber: 4.71g (18.82%), Magnesium: 74.36mg (18.59%), Folate: 63.06µg (15.77%), Copper: 0.31mg (15.67%), Vitamin B1: 0.23mg (15.15%), Vitamin E: 2mg (13.31%), Calcium: 85.32mg (8.53%), Vitamin D: 0.17µg (1.13%)