



Caribbean Grilled Turkey Kabobs



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons caribbean jerk seasoning
- ☐ 1 small bell pepper green cut into 1-inch pieces
- ☐ 2 tablespoons mango chutney (such as Major Grey's)
- ☐ 2 cups pineapple chunks fresh (2-inch pieces)
- ☐ 1 small onion red cut into 1-inch pieces
- ☐ 1 tablespoon spicy brown mustard
- ☐ 1 pound turkey breast tenderloin cut into 1 1/2-inch chunks

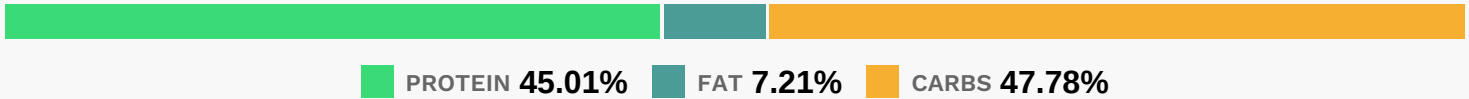
Equipment

- ☐ bowl
- ☐ grill
- ☐ metal skewers

Directions

- ☐ Toss turkey with jerk seasoning in a bowl. Cover and chill 30 minutes.
- ☐ Prepare grill.
- ☐ Alternately thread turkey, onion, bell pepper, and pineapple onto 4 (12-inch) metal skewers.
- ☐ Combine chutney and mustard, stirring well.
- ☐ Brush kabobs with chutney mixture.
- ☐ Grill, covered, 5 minutes on each side or until turkey is done.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:4.36, Inflammation Score:-5, Nutrition Score:5.8704348025115%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg

Nutrients (% of daily need)

Calories: 240.08kcal (12%), Fat: 1.97g (3.04%), Saturated Fat: 0.57g (3.54%), Carbohydrates: 29.42g (9.81%), Net Carbohydrates: 26.48g (9.63%), Sugar: 23.45g (26.06%), Cholesterol: 50.62mg (16.87%), Sodium: 139.62mg (6.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.72g (55.43%), Vitamin C: 28.93mg (35.07%), Fiber: 2.94g (11.76%), Vitamin B1: 0.16mg (10.34%), Vitamin B6: 0.19mg (9.43%), Copper: 0.17mg (8.61%), Vitamin A: 427.31IU (8.55%), Potassium: 252.03mg (7.2%), Magnesium: 26.03mg (6.51%), Manganese: 0.09mg (4.73%), Iron: 0.73mg (4.07%), Folate: 14.63µg (3.66%), Calcium: 34.76mg (3.48%), Vitamin E: 0.5mg (3.36%), Vitamin B2: 0.06mg (3.35%), Selenium: 2.29µg (3.27%), Vitamin K: 3.42µg (3.26%), Vitamin B3: 0.6mg (2.99%), Phosphorus: 28.91mg (2.89%), Zinc: 0.26mg (1.75%)