



Caribbean-Spiced Chicken Kebabs



Gluten Free



Dairy Free

READY IN



264 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon brown sugar
- ☐ 0.3 cup canola oil
- ☐ 2 teaspoons thyme sprigs fresh
- ☐ 3 garlic clove minced
- ☐ 3 spring onion minced
- ☐ 2 teaspoons ground allspice

- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 teaspoon ground coriander
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.3 cup soy sauce
- ☐ 0.8 cup onion diced
- ☐ 1 teaspoon hot sauce hot
- ☐ 24 ounce chicken breast halves boneless skinless cut into 1-inch pieces

Equipment

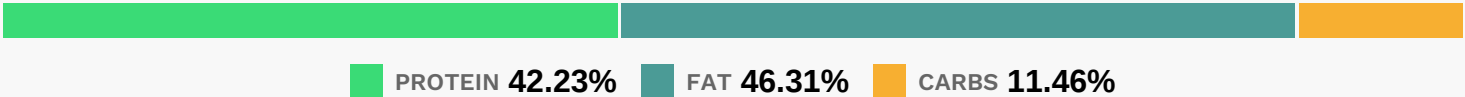
- ☐ food processor
- ☐ paper towels
- ☐ grill
- ☐ ziploc bags
- ☐ metal skewers

Directions

- ☐ Place all ingredients except chicken and cooking spray in food processor; process until smooth.
- ☐ Pour marinade into a large heavy-duty zip-top plastic bag.
- ☐ Add chicken; seal bag, turning to coat. Marinate in refrigerator 4 hours, turning occasionally.
- ☐ Preheat grill to medium-high heat.
- ☐ Remove chicken from bag; discard marinade. Pat chicken dry with paper towels. Thread chicken evenly onto 4 metal skewers.
- ☐ Place on grill rack coated with cooking spray. Cook 10 minutes or until done, turning after 5 minutes.
- ☐ Kids Can Help: Another way to get kids excited about cooking is to let them in the spice cabinet! Spices like ginger, cinnamon, and cloves all smell wonderful. Kids can measure the

spices for you before sprinkling them into the food processor.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:1.13, Inflammation Score:-8, Nutrition Score:21.978695926459%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg

Nutrients (% of daily need)

Calories: 366.88kcal (18.34%), Fat: 18.75g (28.84%), Saturated Fat: 2.07g (12.92%), Carbohydrates: 10.44g (3.48%), Net Carbohydrates: 8.77g (3.19%), Sugar: 4.68g (5.2%), Cholesterol: 108.86mg (36.29%), Sodium: 948.71mg (41.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.46g (76.92%), Vitamin B3: 18.12mg (90.62%), Selenium: 55.4µg (79.15%), Vitamin B6: 1.38mg (69.14%), Phosphorus: 406.08mg (40.61%), Vitamin K: 29.6µg (28.19%), Vitamin B5: 2.55mg (25.54%), Potassium: 812.47mg (23.21%), Manganese: 0.46mg (22.95%), Vitamin E: 2.93mg (19.53%), Magnesium: 67.63mg (16.91%), Vitamin C: 11.76mg (14.25%), Vitamin B2: 0.24mg (13.87%), Vitamin B1: 0.14mg (9.59%), Zinc: 1.3mg (8.69%), Iron: 1.54mg (8.56%), Folate: 27.09µg (6.77%), Fiber: 1.68g (6.71%), Vitamin B12: 0.34µg (5.67%), Calcium: 52.06mg (5.21%), Copper: 0.1mg (5.19%), Vitamin A: 201.17IU (4.02%), Vitamin D: 0.17µg (1.13%)