



Celestial Chicken, Mint, and Cucumber Skewers with Spring Onion Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon teaspoon dill dried fresh chopped
- ☐ 3 tablespoons green onion tops chopped
- ☐ 0.3 cup buttermilk low-fat
- ☐ 0.8 cup mayonnaise low-fat
- ☐ 24 small mint leaves
- ☐ 0.5 pound skinned cut into 24 (3/4-inch) pieces
- ☐ 1 tablespoon teaspoon tarragon dried fresh chopped

- ☐ 3 cups water
- ☐ 2 teaspoons citrus champagne vinegar

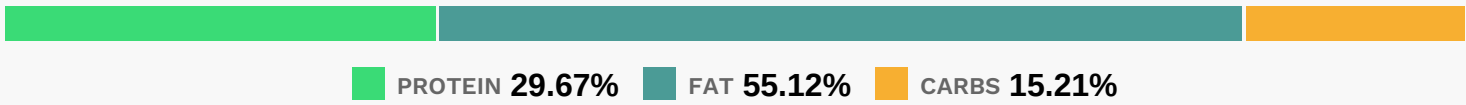
Equipment

- ☐ sauce pan
- ☐ blender
- ☐ skewers

Directions

- ☐ Place first 6 ingredients in a blender; process until smooth. Cover and chill.
- ☐ Cut the cucumber lengthwise into 4 pieces; cut each piece crosswise into 6 (1/4-inch) slices. Bring water to a boil in a medium saucepan.
- ☐ Add chicken; cook 4 minutes or until done.
- ☐ Drain well, and cool. Thread 1 chicken piece, 1 cucumber piece, and 1 mint leaf onto each of 24 (6-inch) skewers. Cover and chill.
- ☐ Serve with sauce; garnish with cucumber slices, if desired.

Nutrition Facts



Properties

Glycemic Index:14.63, Glycemic Load:0.3, Inflammation Score:-3, Nutrition Score:5.1008695493574%

Flavonoids

Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 91.96kcal (4.6%), Fat: 5.6g (8.61%), Saturated Fat: 0.98g (6.1%), Carbohydrates: 3.48g (1.16%), Net Carbohydrates: 3.11g (1.13%), Sugar: 1.28g (1.42%), Cholesterol: 21.9mg (7.3%), Sodium: 227.75mg (9.9%), Alcohol: Og

(100%), Alcohol %: 0% (100%), Protein: 6.78g (13.56%), Vitamin B3: 3.11mg (15.53%), Vitamin K: 16µg (15.24%), Selenium: 9.87µg (14.1%), Vitamin B6: 0.24mg (12.13%), Phosphorus: 77.48mg (7.75%), Manganese: 0.12mg (5.79%), Potassium: 177.06mg (5.06%), Vitamin B5: 0.46mg (4.56%), Vitamin A: 218.39IU (4.37%), Magnesium: 15.74mg (3.94%), Vitamin B2: 0.07mg (3.85%), Calcium: 35.99mg (3.6%), Vitamin E: 0.53mg (3.54%), Iron: 0.62mg (3.43%), Vitamin C: 2.3mg (2.79%), Folate: 9.81µg (2.45%), Copper: 0.04mg (2.24%), Zinc: 0.31mg (2.05%), Vitamin B1: 0.03mg (1.94%), Fiber: 0.36g (1.46%), Vitamin B12: 0.08µg (1.31%)