



Chicken and Bacon Shish Kabobs

 **Gluten Free**  **Dairy Free**

READY IN



105 min.

SERVINGS



6

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound bacon thick cut sliced cut in half
- 2 tablespoons canola oil
- 0.3 cup cider vinegar
- 2 green onions minced
- 2 tablespoons honey
- 10 large mushrooms cut in half
- 8 ounce pineapple chunks drained canned
- 3 chicken breast halves boneless skinless cut into chunks

0.3 cup soya sauce

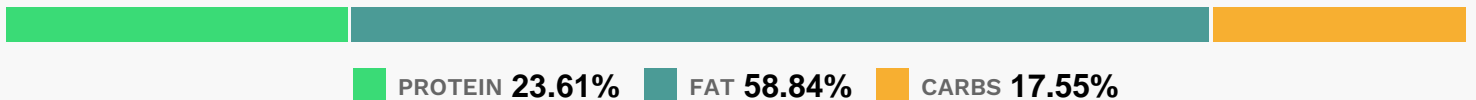
Equipment

- bowl
- sauce pan
- grill
- skewers

Directions

- In a large bowl, mix the soy sauce, cider vinegar, honey, canola oil, and green onions.
- Place the mushrooms and chicken into the mixture, and stir to coat. Cover, and marinate in the refrigerator at least 1 hour.
- Preheat grill for high heat.
- Remove the mushrooms and chicken from the marinade and shake off excess.
- Pour the marinade into a small saucepan and bring to a boil over high heat. Reduce heat to medium-low and simmer for 10 minutes; set aside.
- Wrap the chicken chunks with bacon, and thread onto skewers so that the bacon is secured. Alternate with mushroom halves and pineapple chunks.
- Lightly oil the grill grate. Arrange skewers on the prepared grill. Cook 15 to 20 minutes, brushing occasionally with remaining soy sauce mixture, until bacon is crisp and chicken juices run clear.

Nutrition Facts



Properties

Glycemic Index:28.55, Glycemic Load:3.45, Inflammation Score:-3, Nutrition Score:12.402608679688%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 324.85kcal (16.24%), Fat: 21.32g (32.8%), Saturated Fat: 5.71g (35.71%), Carbohydrates: 14.31g (4.77%), Net Carbohydrates: 13.24g (4.81%), Sugar: 12.19g (13.55%), Cholesterol: 61.11mg (20.37%), Sodium: 859.46mg (37.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.25g (38.51%), Vitamin B3: 9.32mg (46.58%), Selenium: 29.56µg (42.23%), Vitamin B6: 0.62mg (30.77%), Phosphorus: 223.82mg (22.38%), Vitamin B5: 1.63mg (16.33%), Vitamin B2: 0.27mg (15.87%), Vitamin B1: 0.22mg (14.53%), Potassium: 495.11mg (14.15%), Vitamin K: 11.98µg (11.41%), Copper: 0.21mg (10.66%), Magnesium: 33.65mg (8.41%), Vitamin E: 1.12mg (7.47%), Zinc: 1.09mg (7.25%), Vitamin C: 5.82mg (7.06%), Manganese: 0.12mg (5.78%), Iron: 1mg (5.56%), Vitamin B12: 0.32µg (5.29%), Fiber: 1.07g (4.28%), Folate: 15.11µg (3.78%), Vitamin D: 0.28µg (1.9%), Vitamin A: 89.72IU (1.79%), Calcium: 17.84mg (1.78%)