



 **68%**
HEALTH SCORE

Chicken and Mango Skewer

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



1

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 pound chicken breast skinless
- 1 chicken stock cube
- 2 medium mangos canned (Or mango slices)
- 1 tablespoon pepper dry (Chili flakes)
- 1.5 Tablespoon suya seasoning mix
- 1 vegetable oil

Equipment

- bowl

oven

grill

Directions

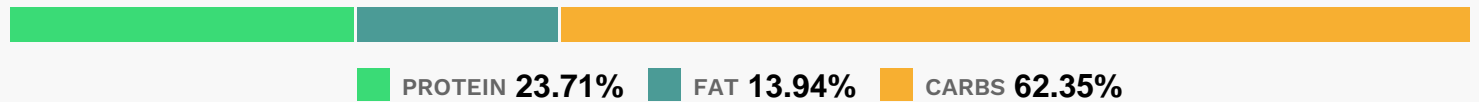
Chop chicken breast into cubes and place on sticks. Set fire to your grill or oven.

Place the chicken breast on the grill to heat up a little

Mix all your seasoning in a bowl with your vegetable oil. With a brush, smear the mix on the chicken breast on both sides. Flip occasionally as it browns till its cooked. Stack your mangoes after the chicken is done but if your mangoes are firm, you can grill them as well.

Serve on its own as an appetizer or with rice.

Nutrition Facts



Properties

Glycemic Index:56.75, Glycemic Load:29, Inflammation Score:-10, Nutrition Score:50.551739130435%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Catechin: 7.12mg, Catechin: 7.12mg, Catechin: 7.12mg, Catechin: 7.12mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg

Taste

Sweetness: 100%, Saltiness: 31.88%, Sourness: 50.74%, Bitterness: 36.23%, Savoriness: 21.73%, Fattiness: 52.46%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 478.53kcal (23.93%), Fat: 8.16g (12.55%), Saturated Fat: 1.85g (11.59%), Carbohydrates: 82.08g (27.36%), Net Carbohydrates: 63.25g (23%), Sugar: 58.89g (65.44%), Cholesterol: 73.09mg (24.36%), Sodium: 1227.43mg (53.37%), Protein: 31.21g (62.42%), Vitamin C: 152.67mg (185.05%), Vitamin K: 165.8µg (157.91%), Vitamin A: 7262.86IU (145.26%), Vitamin B6: 1.75mg (87.25%), Vitamin B3: 16.65mg (83.26%), Manganese: 1.53mg (76.33%), Fiber: 18.83g (75.34%), Vitamin E: 11.14mg (74.29%), Selenium: 42.52µg (60.74%), Folate: 238.64µg (59.66%), Iron: 10.67mg (59.28%), Potassium: 1562.92mg (44.65%), Calcium: 439.31mg (43.93%), Magnesium: 144.93mg (36.23%),

Phosphorus: 359.56mg (35.96%), Copper: 0.71mg (35.53%), Vitamin B2: 0.48mg (28.25%), Vitamin B5: 2.73mg (27.31%), Vitamin B1: 0.25mg (16.78%), Zinc: 1.97mg (13.16%), Vitamin B12: 0.24µg (3.98%)