



Chicken and Onion Kebabs

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



15

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup bottled barbecue sauce homemade
- 2 tablespoons catsup
- 1 tablespoon juice of lemon
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- 1 tablespoon olive oil plus more for brushing
- 1 onion grated
- 15 servings salt and pepper
- 1.8 lb chicken breasts boneless skinless cut into 1-inch cubes

- 1 Dash all the tabasco sauce you handle to taste
- 2 tablespoons worcestershire sauce

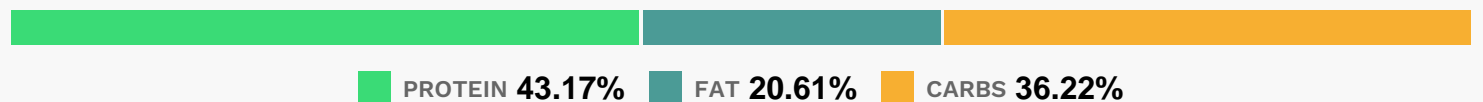
Equipment

- bowl
- frying pan
- whisk
- grill
- broiler
- skewers
- metal skewers

Directions

- Combine barbecue sauce, ketchup, onion, lemon juice and Tabasco sauce in a small bowl and whisk until blended.
- Serve at room temperature or chill.
- Make kebabs: Preheat broiler or prepare a charcoal fire and let burn to a gray ash. Toss chicken with Worcestershire sauce, lemon juice and olive oil in a bowl until well mixed. Set aside to let chicken marinate at room temperature for at least 15 minutes. (The chicken can marinate, covered, in the refrigerator for up to 24 hours.)
- Thread chicken cubes onto 8 long metal skewers, alternating with onion pieces.
- Brush each skewer with olive oil and season with salt and pepper
- Set broiling pan or grill about 6 inches from heat source. Broil or grill kebabs, turning often, until chicken is lightly browned and cooked through and onions are lightly charred on ends, about 10 minutes.
- Serve kebabs hot with barbecue dipping sauce.

Nutrition Facts



Properties

Glycemic Index:1.8, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:5.9813043695429%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 108.73kcal (5.44%), Fat: 2.44g (3.75%), Saturated Fat: 0.44g (2.76%), Carbohydrates: 9.65g (3.22%), Net Carbohydrates: 9.34g (3.4%), Sugar: 7.37g (8.19%), Cholesterol: 33.87mg (11.29%), Sodium: 499.69mg (21.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.5g (23.01%), Vitamin B3: 5.69mg (28.45%), Selenium: 17.25µg (24.64%), Vitamin B6: 0.42mg (21.2%), Phosphorus: 119.19mg (11.92%), Vitamin B5: 0.8mg (7.99%), Potassium: 277.64mg (7.93%), Magnesium: 17.71mg (4.43%), Vitamin B2: 0.07mg (4.25%), Vitamin C: 2.83mg (3.44%), Vitamin B1: 0.04mg (2.94%), Vitamin E: 0.42mg (2.83%), Iron: 0.47mg (2.61%), Zinc: 0.36mg (2.41%), Manganese: 0.04mg (2.21%), Copper: 0.04mg (1.89%), Vitamin B12: 0.11µg (1.76%), Vitamin A: 70.97IU (1.42%), Calcium: 13.66mg (1.37%), Fiber: 0.31g (1.25%), Folate: 4.85µg (1.21%), Vitamin K: 1.12µg (1.07%)