



Chicken and Pepper Kebabs



Gluten Free



Dairy Free

READY IN



32 min.

SERVINGS



4

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons five-spice powder chinese
- ☐ 1.5 pounds chicken breast bone-in cut into 1-inch pieces
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 3 bell peppers green seeded cut into 1-inch squares
- ☐ 0.5 bell pepper red seeded cut into 1-inch squares
- ☐ 1 medium onion red cut into 8 wedges

- ☐ 1 tablespoon sesame oil
- ☐ 0.3 cup soya sauce
- ☐ 0.3 cup vegetable oil

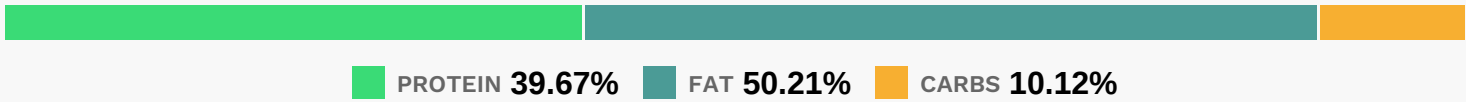
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler
- ☐ skewers

Directions

- ☐ In a small bowl, combine soy sauce, sesame oil, five-spice powder, garlic, crushed red pepper, vegetable oil and cilantro, if desired.
- ☐ Place chicken in a large ziplock bag. In a separate large ziplock bag, combine onion and bell peppers. Divide marinade between bags, seal and gently toss to coat. Refrigerate both bags for at least 45 minutes.
- ☐ Preheat broiler, placing a rack about 5inches from heat source. Line a large, rimmed baking sheet with foil; mist foil with cooking spray. Thread chicken and vegetables onto 4metal skewers.
- ☐ Place on baking sheet and broil until chicken is cooked through and vegetables are tender, turning often, about 12 minutes total.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:1.3, Inflammation Score:-8, Nutrition Score:27.667826108311%

Flavonoids

Luteolin: 4.3mg, Luteolin: 4.3mg, Luteolin: 4.3mg, Luteolin: 4.3mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg,

Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg

Nutrients (% of daily need)

Calories: 396.42kcal (19.82%), Fat: 22.13g (34.05%), Saturated Fat: 3.63g (22.7%), Carbohydrates: 10.04g (3.35%), Net Carbohydrates: 7.21g (2.62%), Sugar: 4.21g (4.68%), Cholesterol: 108.86mg (36.29%), Sodium: 1016.38mg (44.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.34g (78.67%), Vitamin C: 95.79mg (116.11%), Vitamin B3: 19.02mg (95.11%), Vitamin B6: 1.62mg (80.81%), Selenium: 55.06µg (78.66%), Phosphorus: 417.64mg (41.76%), Vitamin K: 33.92µg (32.3%), Vitamin B5: 2.68mg (26.75%), Potassium: 928.05mg (26.52%), Vitamin A: 934.77IU (18.7%), Magnesium: 67.66mg (16.91%), Manganese: 0.33mg (16.73%), Vitamin B2: 0.25mg (14.54%), Vitamin E: 2.16mg (14.38%), Vitamin B1: 0.2mg (13.3%), Iron: 2.21mg (12.29%), Fiber: 2.83g (11.31%), Zinc: 1.38mg (9.22%), Copper: 0.16mg (8.15%), Folate: 30.78µg (7.7%), Vitamin B12: 0.34µg (5.67%), Calcium: 44.22mg (4.42%), Vitamin D: 0.17µg (1.13%)