



Chicken and Roasted Red Pepper Skewers

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

READY IN



50 min.

SERVINGS



50

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 clove garlic minced
- 1 cup real mayo mayonnaise kraft
- 1 tsp paprika
- 1 medium roasted pepper red halved seeded quartered
- 1 lb chicken breasts boneless skinless cut into 1/2-inch chunks

Equipment

- blender
- broiler

- skewers
- broiler pan
- wooden skewers

Directions

- Thread chicken evenly onto 12 wooden skewers; place in shallow dish.
- Place mayo, peppers and garlic in blender container; cover. Blend until smooth. Reserve 1/4 cup of the mayo mixture; set aside.
- Pour remaining mayo mixture over skewers; cover. Refrigerate 30 min. to marinate.
- Preheat broiler.
- Remove skewers from marinade; discard marinade.
- Place skewers on rack of broiler pan.
- Broil 4 to 6 inches from heat for 10 min. or until chicken is cooked through, turning skewers occasionally.
- Sprinkle evenly with paprika.
- Serve with the reserved mayo mixture.

Nutrition Facts

PROTEIN 19.52% **FAT 79.51%** **CARBS 0.97%**

Properties

Glycemic Index:1.9, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.3221739167752%

Nutrients (% of daily need)

Calories: 41.16kcal (2.06%), Fat: 3.59g (5.53%), Saturated Fat: 0.58g (3.61%), Carbohydrates: 0.1g (0.03%), Net Carbohydrates: 0.07g (0.03%), Sugar: 0.03g (0.03%), Cholesterol: 7.69mg (2.56%), Sodium: 49.14mg (2.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.97%), Vitamin K: 7.36µg (7.01%), Vitamin B3: 0.96mg (4.78%), Selenium: 3.02µg (4.31%), Vitamin B6: 0.07mg (3.57%), Phosphorus: 20.38mg (2.04%), Vitamin B5: 0.14mg (1.39%), Vitamin E: 0.18mg (1.18%), Potassium: 36.83mg (1.05%)