



Chicken-and-Summer-Squash Kebabs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 cups arugula (or other salad greens)
- ☐ 0.3 cup balsamic vinegar
- ☐ 2 cups cherry tomatoes cut in half
- ☐ 2 teaspoons chili powder
- ☐ 2 teaspoons ground cumin
- ☐ 4 servings coarsely ground pepper black
- ☐ 1 juice of lemon juiced
- ☐ 1 juice of lime juiced

- ☐ 1 juice of orange juiced
- ☐ 0.5 cup olive oil
- ☐ 1 onion red halved cut into 1-inch wedges
- ☐ 1.5 pounds chicken breasts boneless skinless cut into 1 1/2-inch chunks (16 pieces)
- ☐ 2 baby squash yellow halved cut into eighths
- ☐ 2 large zucchini halved cut into eighths

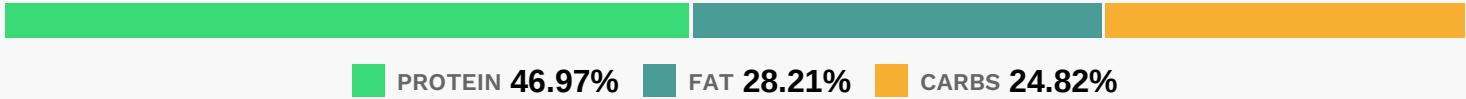
Equipment

- ☐ bowl
- ☐ whisk
- ☐ plastic wrap
- ☐ grill
- ☐ skewers
- ☐ metal skewers
- ☐ wooden skewers

Directions

- ☐ If using wooden skewers, soak in water at least 20 minutes.
- ☐ Whisk first 5 ingredients and 1/4 cup oil in a bowl.
- ☐ Add chicken, arranging to make sure liquid covers all pieces. Cover with plastic wrap. Marinate 1 hour. Meanwhile, whisk together remaining 1/4 cup oil and vinegar and brush liberally on vegetables; reserve remaining liquid to use as salad dressing. On a wooden or metal skewer, thread (in any order you like) a piece each of onion, zucchini, chicken and squash, then repeat for remaining skewers. Season with pepper. Coat grill with cooking spray.
- ☐ Heat grill to medium-high heat. Cook kebabs about 7 1/2 minutes per side or until chicken is firm and cooked through. Toss greens with remaining oil and vinegar mixture.
- ☐ Add salt and pepper. Divide greens among 4 plates.
- ☐ Place 2 kebabs on each plate.
- ☐ Garnish with tomatoes and serve immediately.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:3.97, Inflammation Score:-9, Nutrition Score:34.991738811783%

Flavonoids

Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg Hesperetin: 3.55mg, Hesperetin: 3.55mg, Hesperetin: 3.55mg, Hesperetin: 3.55mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.27mg, Quercetin: 7.27mg, Quercetin: 7.27mg, Quercetin: 7.27mg

Nutrients (% of daily need)

Calories: 348.31kcal (17.42%), Fat: 11.07g (17.02%), Saturated Fat: 1.96g (12.28%), Carbohydrates: 21.9g (7.3%), Net Carbohydrates: 17.66g (6.42%), Sugar: 13.27g (14.74%), Cholesterol: 108.86mg (36.29%), Sodium: 256.74mg (11.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.45g (82.9%), Vitamin C: 90.97mg (110.26%), Vitamin B3: 19.89mg (99.45%), Vitamin B6: 1.92mg (96.03%), Selenium: 55.95µg (79.93%), Phosphorus: 519.53mg (51.95%), Potassium: 1699.31mg (48.55%), Manganese: 0.76mg (37.92%), Vitamin A: 1846.83IU (36.94%), Vitamin B5: 3.15mg (31.53%), Vitamin B2: 0.53mg (31.15%), Magnesium: 114.84mg (28.71%), Folate: 114.54µg (28.64%), Vitamin B1: 0.31mg (20.61%), Iron: 3.48mg (19.35%), Fiber: 4.24g (16.97%), Vitamin K: 17.01µg (16.2%), Copper: 0.31mg (15.35%), Vitamin E: 2.28mg (15.23%), Zinc: 2.17mg (14.44%), Calcium: 90.63mg (9.06%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)