



Chicken-Apricot Skewers

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 small apricots firm pitted ripe halved
- ☐ 6 servings pepper black freshly ground
- ☐ 0.3 cup cilantro leaves loosely packed for garnish ()
- ☐ 0.3 cup roasted peanuts unsalted coarsely chopped
- ☐ 2 garlic clove
- ☐ 2 tablespoons jalapeno (with seeds f heat) coarsely chopped
- ☐ 0.8 teaspoon kosher salt plus more for seasoning
- ☐ 2 teaspoons brown sugar light packed ()

- ☐ 0.3 cup juice of lime fresh (2 limes)
- ☐ 6 servings lime wedges
- ☐ 0.5 cup greek yogurt plain
- ☐ 1 pound chicken thighs boneless skinless cut into twenty-four 1" chunks
- ☐ 0.5 cup creamy peanut butter
- ☐ 0.8 cup coconut milk light unsweetened canned

Equipment

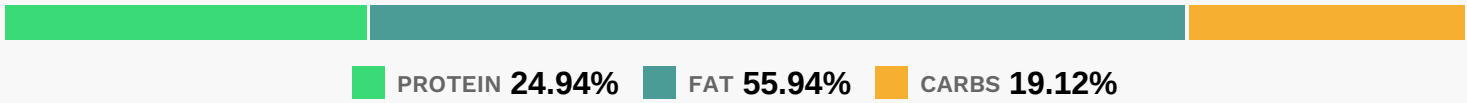
- ☐ bowl
- ☐ blender
- ☐ grill
- ☐ skewers

Directions

- ☐ Purée first 6 ingredients and 3/4 teaspoon salt in a blender until smooth.
- ☐ Add 1/4 cup cilantro leaves and jalapeño and blend briefly to combine.
- ☐ Transfer 1/2 cup marinade to a small bowl; cover and chill for serving (return to room temperature before using).
- ☐ Place remaining marinade in a resealable plastic bag; add chicken, seal bag, and turn to coat. Chill for at least 3 hours or overnight (the longer it marinates, the more flavorful it will be).
- ☐ Build a medium-hot fire in a charcoal grill, or heat a gas grill to high. Holding 2 skewers parallel to each other and 1/2" apart, thread 1 piece of chicken onto skewers, then 1 apricot half. Repeat with 1 more chicken piece and 1 more apricot half (using 2 skewers helps hold the meat and fruit together, preventing them from twirling around when skewers are turned on the grill). Repeat with remaining skewers, chicken, and apricots for a total of 12, each holding 2 pieces of chicken and 2 apricot halves. Season with salt and pepper.
- ☐ Brush apricots with some marinade from bag; discard remaining marinade.
- ☐ Grill skewers on one side until chicken is well browned, 3–4 minutes. Turn and grill until other side is well browned, 3–4 minutes longer. Move to a cooler part of grill. Cover grill and cook until chicken is cooked through, about 2 minutes longer.

- ☐
- Transfer to a serving platter; sprinkle withcilantro sprigs and peanuts and drizzle withreserved marinade.
- ☐
- Serve with lime wedgesalongside for squeezing over.

Nutrition Facts



Properties

Glycemic Index:35.61, Glycemic Load:3.37, Inflammation Score:-8, Nutrition Score:18.325652018837%

Flavonoids

Catechin: 2.57mg, Catechin: 2.57mg, Catechin: 2.57mg, Catechin: 2.57mg Epicatechin: 3.32mg, Epicatechin: 3.32mg, Epicatechin: 3.32mg, Epicatechin: 3.32mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 377.54kcal (18.88%), Fat: 24.59g (37.83%), Saturated Fat: 9.78g (61.15%), Carbohydrates: 18.9g (6.3%), Net Carbohydrates: 14.99g (5.45%), Sugar: 11.98g (13.31%), Cholesterol: 72.65mg (24.22%), Sodium: 488.99mg (21.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.67g (49.34%), Vitamin B3: 8.77mg (43.85%), Manganese: 0.84mg (42.07%), Selenium: 22.21µg (31.72%), Phosphorus: 311.52mg (31.15%), Vitamin A: 1472.08IU (29.44%), Vitamin B6: 0.55mg (27.26%), Magnesium: 86.21mg (21.55%), Vitamin C: 17.58mg (21.31%), Vitamin E: 2.99mg (19.91%), Potassium: 673.25mg (19.24%), Copper: 0.32mg (16.12%), Fiber: 3.91g (15.63%), Vitamin B2: 0.26mg (15.44%), Vitamin B5: 1.54mg (15.41%), Zinc: 2.28mg (15.2%), Folate: 44.36µg (11.09%), Iron: 1.97mg (10.95%), Vitamin B1: 0.16mg (10.46%), Vitamin B12: 0.6µg (10.01%), Vitamin K: 7.84µg (7.46%), Calcium: 62.15mg (6.22%)