



Chicken Kabob

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



133 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 inch bamboo skewers
- 0.3 cup onion finely chopped
- 1 teaspoon garlic clove finely chopped
- 1 tablespoon parsley fresh chopped
- 0.5 teaspoon paprika
- 0.5 teaspoon pepper red crushed
- 0.5 teaspoon ground cumin
- 0.3 teaspoon salt

- 0.3 cup olive oil
- 2 tablespoons juice of lemon
- 1 lb chicken breast boneless skinless cut in 32 (1-inch) pieces
- 1 bell pepper red yellow cut into 24 (1-inch) pieces

Equipment

- grill
- ziploc bags
- skewers

Directions

- Soak the skewers in water for 30 minutes. In shallow glass or plastic dish or resealable food-storage plastic bag, mix onion, garlic, parsley, paprika, pepper flakes, cumin, salt, 2 tablespoons of the olive oil and lemon juice.
- Add chicken; turning to coat with marinade. Cover dish or seal bag; refrigerate, turning chicken occasionally, at least 1 hour to marinate.
- Heat gas or charcoal grill. Thread chicken and bell pepper pieces on skewers.
- Place kabobs on grill over medium heat. Cook 9 to 11 minutes, turning occasionally; brushing with remaining 2 tablespoons oil, until chicken is no longer pink in center.

Nutrition Facts

PROTEIN 37.28% **FAT 56.49%** **CARBS 6.23%**

Properties

Glycemic Index:17.63, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:8.6373912951221%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 133.42kcal (6.67%), Fat: 8.34g (12.83%), Saturated Fat: 1.27g (7.95%), Carbohydrates: 2.07g (0.69%), Net Carbohydrates: 1.69g (0.61%), Sugar: 0.38g (0.42%), Cholesterol: 36.29mg (12.1%), Sodium: 141.93mg (6.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.38g (24.76%), Vitamin C: 30.61mg (37.11%), Vitamin B3: 6.1mg (30.5%), Selenium: 18.32µg (26.17%), Vitamin B6: 0.47mg (23.55%), Phosphorus: 127.12mg (12.71%), Vitamin K: 12.64µg (12.04%), Vitamin B5: 0.85mg (8.54%), Vitamin E: 1.19mg (7.94%), Potassium: 265.89mg (7.6%), Magnesium: 18.54mg (4.63%), Vitamin B2: 0.07mg (3.93%), Vitamin A: 189.7IU (3.79%), Vitamin B1: 0.05mg (3.12%), Iron: 0.5mg (2.8%), Zinc: 0.4mg (2.69%), Manganese: 0.05mg (2.57%), Folate: 8.77µg (2.19%), Copper: 0.04mg (2.05%), Vitamin B12: 0.11µg (1.89%), Fiber: 0.38g (1.53%)