



## Chicken Kabob Dippers

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 Tbsp original barbecue sauce kraft
- 1 onion red cut into chunks
- 2 Tbsp mayo reduced fat mayonnaise light kraft
- 1 lb chicken breasts boneless skinless cut into 1-inch pieces
- 1 bell pepper green yellow cut into chunks
- 1 small zucchini

### Equipment

- grill

skewers

## Directions

- Heat grill to medium-high heat.
- Thread chicken onto skewers alternately with the vegetables.
- Grill 6 to 8 min. or until chicken is done and vegetables are crisp-tender, turning frequently.
- Meanwhile, mix mayo and barbecue sauce until blended.
- Serve as a dip with the kabobs.

## Nutrition Facts



## Properties

Glycemic Index:2.6, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:3.0213043352832%

## Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

## Nutrients (% of daily need)

Calories: 36.5kcal (1.83%), Fat: 0.94g (1.45%), Saturated Fat: 0.19g (1.18%), Carbohydrates: 1.8g (0.6%), Net Carbohydrates: 1.53g (0.56%), Sugar: 1.14g (1.26%), Cholesterol: 14.74mg (4.91%), Sodium: 56.27mg (2.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.03%), Vitamin B3: 2.44mg (12.19%), Selenium: 7.36µg (10.51%), Vitamin B6: 0.2mg (10.04%), Vitamin C: 6.53mg (7.91%), Phosphorus: 53.2mg (5.32%), Vitamin B5: 0.35mg (3.51%), Potassium: 122.13mg (3.49%), Magnesium: 8.35mg (2.09%), Vitamin B2: 0.03mg (1.9%), Vitamin B1: 0.02mg (1.57%), Manganese: 0.03mg (1.52%), Vitamin K: 1.54µg (1.47%), Zinc: 0.17mg (1.14%), Fiber: 0.27g (1.08%), Folate: 4.05µg (1.01%)