



 **71%**  
HEALTH SCORE

## Chicken Kabobs

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**50 min.**

SERVINGS



**4**

CALORIES



**1005 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons brown sugar
- 1 pinch ground pepper
- 4 chicken breast (boneless cut in bite sized chunks)
- 1 teaspoon cilantro leaves
- 0.5 cup coconut milk
- 2 cups rice (cooked)
- 0.5 teaspoon thyme (dried)
- 1 teaspoon cilantro leaves (fresh roughly chopped)

- 1 ounce ginger fresh peeled
- 4 garlic clove minced
- 1 large bell pepper green chopped ( skewer sized)
- 1 spring onion sliced in thin slices
- 3 tablespoons ground allspice
- 0.5 teaspoon nutmeg
- 1 teaspoon pepper black
- 3 lime
- 1 mangos peeled chopped ( and into bite size pieces)
- 1 large onion peeled roughly chopped
- 1 large and orange peppers chopped ( skewer sized)
- 15.3 pineapple chunks drained for later addition to extra reserved rub canned (juice , can keep )
- 1 large bell pepper red chopped ( skewer sized)
- 0.5 teaspoon salt
- 3 scotch bonnet peppers roughly chopped
- 3 spring onion roughly chopped
- 1 large sweet potatoes and into hot boiling cooked peeled chopped for 10 minutes in water ( for skewer
- 0.5 teaspoon turmeric
- 0.3 cup vegetable oil
- 3 tablespoons water
- 12 small onion white peeled (small onions)
- 1 large cassava hot boiling cooked peeled chopped for 10 minutes in , water ( for skewer

## Equipment

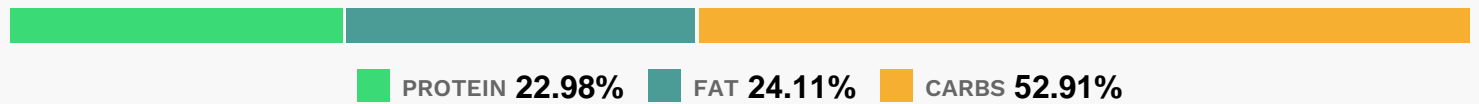
- food processor
- bowl
- grill
- ziploc bags

- skewers
- wooden skewers

## Directions

- Slice limes in half, squeeze lime juice into food processor or Magic Bullet bowl. De seed the chili, (be careful and use gloves) only using the outside flesh.
- Add garlic and rest ingredients to food processor bowl. Blend until all bits are mixed. Save 1/4 of marinade to dot on meat after grilling.
- Place meat into a dish or plastic bag, making sure the meat is completely covered. Put in refrigerator for at least 2 hours, more is better. (Up to 24 hours for outstanding tastes). If using wooden skewers, make sure you have soaked them in water for at least 30 minutes. Prepare grill, and remove meat from marinade, (throw excess away).
- Add 1 tablespoon of pineapple juice to extra reserved amount of jerk seasoning. Thread chicken with vegetable, and fruit ingredients onto skewers in your own unique, creative way. Carefully put chicken/vegetable skewers on grill, and turning frequently, cook for at least 10-15 minutes at a medium heat. (Watch them carefully). Last 3-5 minutes lavishly apply (as desired) the extra Jerk Seasoning, to the kabobs.

## Nutrition Facts



## Properties

Glycemic Index:227.25, Glycemic Load:68.2, Inflammation Score:-10, Nutrition Score:53.526086693225%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Hesperetin: 21.61mg, Hesperetin: 21.61mg, Hesperetin: 21.61mg, Hesperetin: 21.61mg Naringenin: 1.71mg, Naringenin: 1.71mg, Naringenin: 1.71mg, Naringenin: 1.71mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 2.51mg, Luteolin: 2.51mg, Luteolin: 2.51mg, Luteolin: 2.51mg Isorhamnetin: 12.4mg, Isorhamnetin: 12.4mg, Isorhamnetin: 12.4mg, Isorhamnetin: 12.4mg Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 52.91mg, Quercetin: 52.91mg, Quercetin: 52.91mg, Quercetin: 52.91mg

## Nutrients (% of daily need)

Calories: 1005.17kcal (50.26%), Fat: 27.58g (42.43%), Saturated Fat: 9.31g (58.2%), Carbohydrates: 136.19g (45.4%), Net Carbohydrates: 120.69g (43.89%), Sugar: 35.47g (39.41%), Cholesterol: 144.64mg (48.21%), Sodium: 644.38mg (28.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.14g (118.28%), Vitamin A: 15688.17IU (313.76%), Vitamin C: 232.36mg (281.65%), Vitamin B6: 2.87mg (143.42%), Vitamin B3: 27.55mg (137.76%), Selenium: 82.14µg (117.35%), Manganese: 2.07mg (103.51%), Phosphorus: 743.36mg (74.34%), Potassium: 2407.26mg (68.78%), Vitamin K: 68.64µg (65.37%), Fiber: 15.5g (62%), Vitamin B5: 5.25mg (52.48%), Magnesium: 188.14mg (47.03%), Folate: 180.29µg (45.07%), Vitamin B1: 0.56mg (37.57%), Copper: 0.73mg (36.35%), Vitamin B2: 0.54mg (31.92%), Iron: 5.16mg (28.66%), Vitamin E: 4.23mg (28.23%), Zinc: 3.45mg (22.98%), Calcium: 212.82mg (21.28%), Vitamin B12: 0.45µg (7.53%), Vitamin D: 0.23µg (1.51%)