




 **79%**
HEALTH SCORE

Chicken Kabobs in Peanut Sauce


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

READY IN




30 min.

SERVINGS



2

CALORIES



890 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 0.3 cup juice of lime
- 2 tablespoons peanut butter reduced-fat
- 2 teaspoons lime zest grated
- 0.5 teaspoon suya seasoning mix all-purpose salt-free
- 0.3 teaspoon ground ginger
- 0.5 pound chicken breast halves boneless skinless cut into 1-inch pieces
- 1 kiwi fruit peeled chopped
- 8 ounces pineapple chunks drained canned

2 cups rice wild hot cooked

Equipment

oven

blender

skewers

broiler pan

Directions

Place lime juice, peanut butter, lime peel, spice and herb blend and ginger in blender. Puree until blended.

Place chicken in lime-peanut marinade. Cover and refrigerate at least 15 minutes but not more than 2 hours.

Set oven control to broil. Spray broiler pan with nonstick cooking spray.

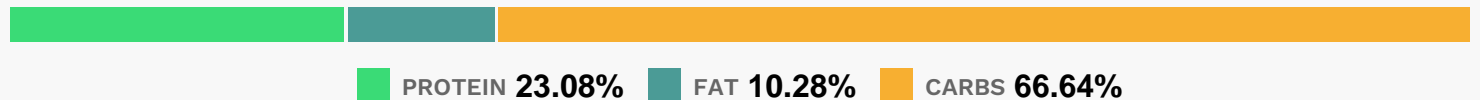
Drain chicken; reserve marinade. Thread chicken pieces on four 6-inch skewers, leaving space between each.*

Place on rack in broiler pan. Broil chicken with tops 3 to 4 inches from heat 4 to 5 minutes. Turn and brush remaining marinade over chicken. Broil 3 to 4 minutes longer or until juice from chicken runs clear.

Place kiwifruit and pineapple on bed of rice; top with skewers of chicken.

Drizzle 1 tablespoon of the pineapple juice over chicken and rice.

Nutrition Facts



Properties

Glycemic Index:72.83, Glycemic Load:64.26, Inflammation Score:-9, Nutrition Score:47.105652228646%

Flavonoids

Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 3.57mg,

Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 890.37kcal (44.52%), Fat: 10.52g (16.18%), Saturated Fat: 1.86g (11.66%), Carbohydrates: 153.34g (51.11%), Net Carbohydrates: 139.01g (50.55%), Sugar: 26.35g (29.28%), Cholesterol: 72.57mg (24.19%), Sodium: 233.57mg (10.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.12g (106.24%), Manganese: 2.57mg (128.72%), Vitamin B3: 25.55mg (127.77%), Phosphorus: 1020.22mg (102.02%), Magnesium: 370.58mg (92.64%), Vitamin B6: 1.66mg (83.21%), Zinc: 10.89mg (72.58%), Vitamin C: 55.7mg (67.51%), Selenium: 42.75µg (61.06%), Copper: 1.16mg (58.13%), Fiber: 14.33g (57.31%), Folate: 189.77µg (47.44%), Potassium: 1496.78mg (42.77%), Vitamin B5: 3.64mg (36.42%), Vitamin B2: 0.59mg (34.66%), Vitamin B1: 0.44mg (29.21%), Vitamin K: 30.35µg (28.9%), Iron: 4.83mg (26.82%), Vitamin E: 3.88mg (25.89%), Calcium: 103.8mg (10.38%), Vitamin A: 197.86IU (3.96%), Vitamin B12: 0.23µg (3.78%)