



Chicken Kabobs With Sweet-and-Hot Mustard

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup dijon mustard
- 4 garlic cloves pressed
- 2 tablespoons honey
- 1 tablespoon horseradish prepared
- 0.3 teaspoon pepper
- 1 large bell pepper red cut into bite-size pieces
- 0.3 teaspoon pepper dried red crushed
- 0.3 teaspoon salt

- 4 chicken breasts boneless skinless cut into 1-inch cubes
- 8 ounce cup heavy whipping cream sour
- 1 large bell pepper yellow cut into bite-size pieces

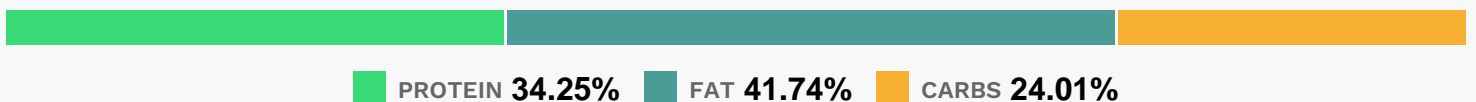
Equipment

- bowl
- grill
- skewers

Directions

- Stir together first 8 ingredients; remove 1/2 cup mustard mixture. Cover and chill remaining mustard mixture 4 hours.
- Stir together 1/2 cup mustard mixture and cubed chicken in a bowl; cover and chill 4 hours.
- Remove chicken, discarding marinade. Thread chicken onto skewers, alternating with bell pepper.
- Grill, covered with grill lid, over medium-high heat (350 to 400) for 10 to 15 minutes or until done.
- Serve with remaining mustard mixture.

Nutrition Facts



Properties

Glycemic Index:53.32, Glycemic Load:5.48, Inflammation Score:-9, Nutrition Score:22.427391321763%

Flavonoids

Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 312.65kcal (15.63%), Fat: 14.74g (22.67%), Saturated Fat: 6.46g (40.35%), Carbohydrates: 19.07g (6.36%), Net Carbohydrates: 16.84g (6.12%), Sugar: 12.84g (14.26%), Cholesterol: 105.77mg (35.26%), Sodium: 486.51mg

(21.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.2g (54.4%), Vitamin C: 141.66mg (171.71%), Vitamin B3: 12.81mg (64.03%), Selenium: 44.38µg (63.4%), Vitamin B6: 1.12mg (56.16%), Vitamin A: 1812.99IU (36.26%), Phosphorus: 325.76mg (32.58%), Vitamin B5: 2.09mg (20.87%), Potassium: 728.25mg (20.81%), Vitamin B2: 0.27mg (16.15%), Magnesium: 55.4mg (13.85%), Manganese: 0.27mg (13.51%), Folate: 42.46µg (10.61%), Vitamin B1: 0.16mg (10.33%), Calcium: 89.92mg (8.99%), Fiber: 2.23g (8.93%), Zinc: 1.22mg (8.13%), Vitamin E: 1.18mg (7.89%), Iron: 1.24mg (6.9%), Copper: 0.13mg (6.35%), Vitamin B12: 0.35µg (5.75%), Vitamin K: 3.76µg (3.58%)