



food
network

Chicken Kebabs



Gluten Free



Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons sesame oil dark
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 teaspoon ground ginger fresh grated
- ☐ 1 tablespoon honey
- ☐ 0.3 cup soya sauce reduced-sodium
- ☐ 8 scallions
- ☐ 0.3 teaspoons sesame seed
- ☐ 2 pounds chicken breasts boneless skinless sliced

- ☐ 4 servings wooden picks
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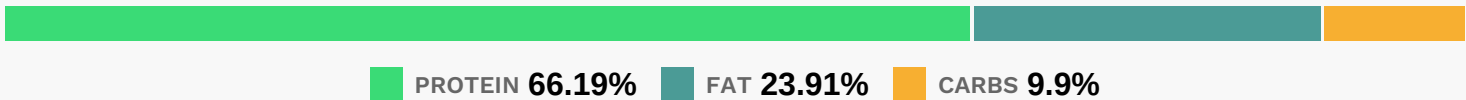
Equipment

- ☐ bowl
- ☐ whisk
- ☐ toothpicks
- ☐ grill
- ☐ stove
- ☐ skewers
- ☐ grill pan

Directions

- ☐ Coat an outdoor grill or stove-top grill pan with cooking spray and preheat to medium- high.
- ☐ Lay out 3 chicken strips, about 1/2-inch apart.
- ☐ Place a scallion crosswise over the center of the chicken pieces. Then wrap chicken over scallion 1 by 1, securing with a toothpick. Repeat process until you have used 1 pound of chicken.
- ☐ Season and grill the remaining 1 pound chicken breasts for another meal later in the week.
- ☐ In a small bowl, whisk together soy sauce, honey, sesame oil, ginger, and garlic powder. Reserve half a cup of the marinade to use as a dipping sauce.
- ☐ Brush the remaining marinade all over the chicken-scallion skewers.
- ☐ Grill kebabs 5 to 7 minutes turning occasionally until the chicken is cooked through.
- ☐ Garnish the reserved dipping sauce with sesame seeds and serve alongside skewers.

Nutrition Facts



Properties

Glycemic Index:31.07, Glycemic Load:2.63, Inflammation Score:-6, Nutrition Score:25.136956494787%

Flavonoids

Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 311.96kcal (15.6%), Fat: 8.05g (12.39%), Saturated Fat: 1.61g (10.03%), Carbohydrates: 7.5g (2.5%), Net Carbohydrates: 6.65g (2.42%), Sugar: 4.97g (5.52%), Cholesterol: 145.15mg (48.38%), Sodium: 841.14mg (36.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.14g (100.29%), Vitamin B3: 24.02mg (120.12%), Selenium: 73.21µg (104.58%), Vitamin B6: 1.75mg (87.37%), Phosphorus: 514.22mg (51.42%), Vitamin K: 50.41µg (48.01%), Vitamin B5: 3.31mg (33.08%), Potassium: 973.64mg (27.82%), Magnesium: 76.52mg (19.13%), Vitamin B2: 0.29mg (16.92%), Manganese: 0.32mg (15.78%), Vitamin B1: 0.17mg (11.12%), Zinc: 1.58mg (10.53%), Vitamin C: 7.27mg (8.81%), Iron: 1.56mg (8.66%), Folate: 31.82µg (7.96%), Vitamin B12: 0.45µg (7.56%), Vitamin A: 307.48IU (6.15%), Copper: 0.1mg (4.97%), Vitamin E: 0.66mg (4.39%), Calcium: 35.65mg (3.57%), Fiber: 0.85g (3.39%), Vitamin D: 0.23µg (1.51%)