



## Chicken Kebabs and Nectarine Salsa

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



323 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup avocado diced peeled
- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon bottled garlic minced
- 1 tablespoon brown sugar
- 2 teaspoons chili powder
- 2 tablespoons cilantro leaves fresh
- 0.5 teaspoon ground cumin
- 2 teaspoons jalapeno minced seeded

- 0.3 teaspoon kosher salt
- 0.5 teaspoon kosher salt
- 1 tablespoon juice of lime fresh
- 1.5 tablespoons juice of lime fresh
- 2 cups nectarines diced ( 3)
- 1 tablespoon olive oil
- 0.5 cup bell pepper diced red
- 0.3 cup onion red thinly sliced
- 1 large onion red cut into 32 (2-inch) pieces
- 1.5 pounds chicken breast halves boneless skinless cut into 24 (2-inch) pieces

## Equipment

- bowl
- broiler
- skewers
- broiler pan

## Directions

- Preheat broiler.
- Combine first 9 ingredients in a shallow dish; let stand 15 minutes.
- Thread 4 onion pieces and 3 chicken pieces alternately onto each of 8 (12-inch) skewers.
- Place skewers on broiler pan coated with cooking spray. Broil 12 minutes or until chicken is done, turning occasionally.
- Combine nectarines and next 6 ingredients (through 1/4 teaspoon salt) in a bowl. Gently stir in avocado.

## Nutrition Facts



## Properties

Glycemic Index:75, Glycemic Load:3.67, Inflammation Score:-8, Nutrition Score:24.640000078989%

## Flavonoids

Cyanidin: 1.58mg, Cyanidin: 1.58mg, Cyanidin: 1.58mg, Cyanidin: 1.58mg Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg Epicatechin: 1.89mg, Epicatechin: 1.89mg, Epicatechin: 1.89mg, Epicatechin: 1.89mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg

## Nutrients (% of daily need)

Calories: 323.03kcal (16.15%), Fat: 11.18g (17.2%), Saturated Fat: 1.91g (11.92%), Carbohydrates: 17.79g (5.93%), Net Carbohydrates: 13.89g (5.05%), Sugar: 11.4g (12.67%), Cholesterol: 108.86mg (36.29%), Sodium: 664.51mg (28.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.18g (76.37%), Vitamin B3: 19.28mg (96.41%), Selenium: 55.17µg (78.82%), Vitamin B6: 1.49mg (74.64%), Vitamin C: 38.85mg (47.09%), Phosphorus: 409.8mg (40.98%), Vitamin B5: 2.96mg (29.64%), Potassium: 960.98mg (27.46%), Vitamin A: 1245.29IU (24.91%), Magnesium: 66.47mg (16.62%), Vitamin E: 2.46mg (16.4%), Fiber: 3.9g (15.61%), Vitamin B2: 0.25mg (15%), Vitamin B1: 0.18mg (12.21%), Manganese: 0.23mg (11.51%), Folate: 44.1µg (11.03%), Vitamin K: 11.31µg (10.77%), Zinc: 1.45mg (9.68%), Copper: 0.18mg (9.07%), Iron: 1.54mg (8.56%), Vitamin B12: 0.34µg (5.67%), Calcium: 35.1mg (3.51%), Vitamin D: 0.17µg (1.13%)