






 **11%**
HEALTH SCORE

Chicken Kebabs with Creamy Pesto

 **Gluten Free**

READY IN

20 min.

SERVINGS

4

CALORIES

199 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 0.3 teaspoon pepper black
- 2 teaspoons bottled garlic minced
- 8 cherry tomatoes
- 4 teaspoons juice of lemon fresh divided
- 2 teaspoons lemon zest grated
- 2 tablespoons yogurt plain low-fat
- 2 tablespoons cream sour reduced-fat
- 2 teaspoons olive oil

- 1 tablespoon basil pesto
- 1 small onion red cut into 8 wedges
- 0.5 teaspoon salt
- 1 pound chicken breast boneless skinless cut into 1-inch pieces
- 1 inch bell pepper yellow

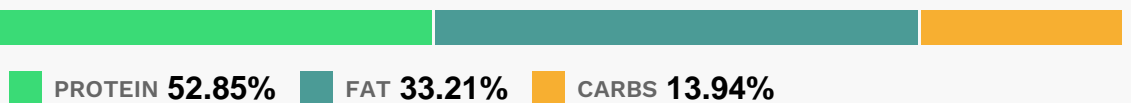
Equipment

- broiler
- skewers
- broiler pan

Directions

- Preheat broiler.
- Combine rind, 1 tablespoon juice, garlic, oil, salt, and pepper. Toss with bell pepper, tomatoes, chicken, and onion. Thread vegetables and chicken onto 4 (12-inch) skewers.
- Place skewers on a broiler pan coated with cooking spray. Broil 12 minutes or until chicken is done, turning occasionally.
- Combine 1 teaspoon juice, yogurt, sour cream, and pesto.
- Serve sauce with kebabs.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.82, Inflammation Score:-5, Nutrition Score:14.184782517993%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg

0.05mg Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg

Nutrients (% of daily need)

Calories: 198.83kcal (9.94%), Fat: 7.21g (11.1%), Saturated Fat: 1.68g (10.49%), Carbohydrates: 6.81g (2.27%), Net Carbohydrates: 5.84g (2.12%), Sugar: 3.04g (3.38%), Cholesterol: 75.57mg (25.19%), Sodium: 474.72mg (20.64%), Alcohol: 0g (100%), Protein: 25.83g (51.65%), Vitamin B3: 12.09mg (60.44%), Selenium: 37.49µg (53.55%), Vitamin B6: 0.95mg (47.59%), Phosphorus: 278.99mg (27.9%), Vitamin C: 16.45mg (19.94%), Vitamin B5: 1.78mg (17.8%), Potassium: 589.83mg (16.85%), Magnesium: 38.97mg (9.74%), Vitamin B2: 0.16mg (9.51%), Vitamin B1: 0.11mg (7.43%), Manganese: 0.15mg (7.42%), Vitamin A: 304.19IU (6.08%), Zinc: 0.91mg (6.06%), Calcium: 55.52mg (5.55%), Vitamin B12: 0.31µg (5.13%), Vitamin E: 0.73mg (4.89%), Iron: 0.83mg (4.59%), Folate: 17.33µg (4.33%), Copper: 0.08mg (4.04%), Fiber: 0.98g (3.91%), Vitamin K: 2.79µg (2.66%)