



## Chicken Kebabs with No-Cook Peach Chutney



Gluten Free



Dairy Free

READY IN



165 min.

SERVINGS



4

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 teaspoon champagne vinegar
- ☐ 0.3 cup cilantro leaves and stems fresh loosely packed
- ☐ 2 sprigs cilantro leaves fresh
- ☐ 2 teaspoons garam masala
- ☐ 1 teaspoon ginger grated
- ☐ 1.5 inch ginger peeled chopped
- ☐ 0.5 cup grapeseed oil
- ☐ 2 tablespoons ground coriander

- ☐ 0.5 teaspoon honey
- ☐ 1 juice of lime
- ☐ 0.3 cup juice of lime 2 limes
- ☐ 2 cups peaches fresh thawed
- ☐ 0.1 teaspoon chaat masala plus more for seasoning
- ☐ 1 pinch chile flakes red
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 small serrano peppers stemmed seeded
- ☐ 2 pounds chicken thighs boneless skinless cut into 1- to 1 1/2-inch cubes

## Equipment

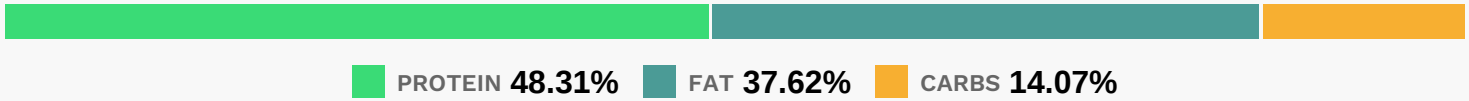
- ☐ food processor
- ☐ bowl
- ☐ paper towels
- ☐ blender
- ☐ grill
- ☐ ziploc bags
- ☐ skewers

## Directions

- ☐ Special equipment: About 20 bamboo skewers, soaked in water for about 1 hour before cooking
- ☐ Place the chicken in a reseable plastic bag. Whizz up the oil, cilantro, lime juice, coriander, garam masala, serrano peppers and ginger in a food processor until smooth. Season with salt and black pepper.
- ☐ Pour over the chicken cubes, massage into the meat, and marinate in the fridge for at least 2 hours and up to 8 hours.
- ☐ For the chutney: Toss the peaches, ginger, honey, vinegar, chaat masala, if using, chile flakes, cilantro and lime juice and zest into a food processor or blender and blend until smooth. Season with salt and black pepper.

- ☐ Pour into a serving bowl, setting aside 1/4 cup for basting the chicken.
- ☐ For grilling the chicken: Preheat the grill to medium-high heat. Thread 4 to 5 chicken cubes onto two skewers at a time, lightly wiping off excess marinade with a paper towel. The cubes should be lightly touching, not tightly packed.
- ☐ Grill the skewers on one side until golden brown, 5 to 7 minutes. Flip and baste with the reserved chutney. Grill the other side until golden brown, 5 to 7 minutes, then flip and baste again. Grill to seal the chutney glaze, another 30 seconds per side, then remove from the heat.
- ☐ Sprinkle with salt and a little more chaat masala, then serve with big bowl of the chutney.

## Nutrition Facts



## Properties

Glycemic Index:68.13, Glycemic Load:3.13, Inflammation Score:-6, Nutrition Score:22.421739018482%

## Flavonoids

Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

## Nutrients (% of daily need)

Calories: 374.75kcal (18.74%), Fat: 15.63g (24.04%), Saturated Fat: 2.91g (18.19%), Carbohydrates: 13.15g (4.38%), Net Carbohydrates: 10.39g (3.78%), Sugar: 7.75g (8.61%), Cholesterol: 215.46mg (71.82%), Sodium: 216.08mg (9.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.16g (90.31%), Selenium: 53.62µg (76.6%), Vitamin B3: 13.47mg (67.35%), Vitamin B6: 1.06mg (53.07%), Phosphorus: 458.01mg (45.8%), Vitamin B5: 2.89mg (28.94%), Vitamin B2: 0.44mg (26.09%), Zinc: 3.79mg (25.29%), Vitamin B12: 1.45µg (24.19%), Potassium: 743.25mg (21.24%), Vitamin E: 2.68mg (17.88%), Magnesium: 71.17mg (17.79%), Vitamin B1: 0.24mg (15.88%), Vitamin K: 16.11µg (15.35%), Vitamin C: 12.55mg (15.21%), Iron: 2.61mg (14.48%), Copper: 0.24mg (11.76%), Fiber: 2.76g (11.04%), Vitamin A: 495.29IU (9.91%), Manganese: 0.17mg (8.53%), Calcium: 47.23mg (4.72%), Folate: 18.34µg (4.58%)