



Chicken Kebabs with Salsa

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup avocado chopped
- 1 tablespoon cilantro leaves fresh chopped
- 0.3 teaspoon garlic minced
- 1 teaspoon garlic minced
- 1 tablespoon green onions chopped
- 1 teaspoon jalapeno finely chopped
- 2 tablespoons juice of lime fresh
- 2 teaspoons soya sauce low-sodium

- 0.8 pound chicken breast halves boneless skinless cut into 1-inch pieces
- 0.8 cup tomatoes seeded chopped

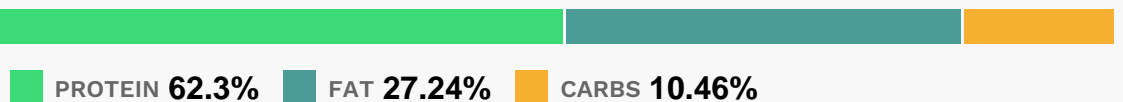
Equipment

- sauce pan
- grill
- skewers

Directions

- Combine first 7 ingredients. Cover and chill.
- Place chicken in a shallow dish.
- Combine 2 tablespoons lime juice, soy sauce, and garlic.
- Pour over chicken. Cover and marinate in refrigerator 1 hour.
- Prepare grill.
- Remove chicken from marinade, reserving marinade.
- Place marinade in a small saucepan; bring to a boil, and remove from heat. Thread chicken onto 2 (10-inch) skewers.
- Place chicken on grill rack coated with cooking spray; grill, covered, 6 to 8 minutes or until chicken is done, turning occasionally, and basting with reserved marinade.
- Spoon tomato mixture onto a serving plate; place chicken kebabs over tomato mixture.
- carbo rating: 7

Nutrition Facts



Properties

Glycemic Index:117, Glycemic Load:0.96, Inflammation Score:-7, Nutrition Score:21.391738896785%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-

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Nutrients (% of daily need)

Calories: 245.09kcal (12.25%), Fat: 7.32g (11.27%), Saturated Fat: 1.39g (8.67%), Carbohydrates: 6.33g (2.11%), Net Carbohydrates: 4.11g (1.5%), Sugar: 2.07g (2.29%), Cholesterol: 108.86mg (36.29%), Sodium: 382.68mg (16.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.69g (75.39%), Vitamin B3: 18.54mg (92.7%), Selenium: 54.84µg (78.35%), Vitamin B6: 1.42mg (70.82%), Phosphorus: 395.49mg (39.55%), Vitamin B5: 2.79mg (27.91%), Potassium: 910.91mg (26.03%), Vitamin C: 20.24mg (24.53%), Magnesium: 61.95mg (15.49%), Vitamin K: 16.11µg (15.34%), Vitamin B2: 0.23mg (13.29%), Vitamin A: 621.87IU (12.44%), Vitamin B1: 0.15mg (10.29%), Folate: 36.85µg (9.21%), Manganese: 0.18mg (8.96%), Fiber: 2.21g (8.86%), Zinc: 1.29mg (8.61%), Vitamin E: 1.18mg (7.86%), Copper: 0.13mg (6.54%), Iron: 1.05mg (5.84%), Vitamin B12: 0.34µg (5.67%), Calcium: 25.93mg (2.59%), Vitamin D: 0.17µg (1.13%)