



Chicken Kebabs with Yogurt-Tahini Sauce



Gluten Free



Very Healthy

READY IN



26 min.

SERVINGS



6

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup canola oil
- ☐ 6 servings brown rice cooked
- ☐ 4 teaspoons cumin
- ☐ 4 cloves garlic smashed
- ☐ 2 teaspoons ground coriander
- ☐ 0.5 cup juice of lemon (from 3 lemons)
- ☐ 2 teaspoons paprika
- ☐ 1 cup greek yogurt plain low-fat

- ☐ 2 bell peppers red seeded cut into 1-inch pieces
- ☐ 2 onions red halved cut into quarters
- ☐ 6 servings salt and pepper
- ☐ 3 pounds chicken breast boneless skinless cut into 1-inch pieces
- ☐ 3 small summer squash cut into 1-inch pieces
- ☐ 2 tablespoons tahini
- ☐ 3 small zucchini cut into 1-inch pieces

Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ skewers
- ☐ metal skewers

Directions

- ☐ In a bowl, whisk oil, 1/2 cup lemon juice, cumin, coriander, paprika and garlic; pour half into a separate bowl.
- ☐ Add chicken to one bowl; turn to coat. Toss peppers, zucchini and squash in other bowl. Cover bowls; chill for at least 2 hours.
- ☐ Make sauce: In a bowl, whisk yogurt, tahini, 1 Tbsp. lemon juice and 1/2 tsp. salt. Cover and chill.
- ☐ Preheat a gas grill to medium-high.
- ☐ Remove chicken and vegetables from marinade; pat dry and discard marinade. Thread chicken, vegetables and onions onto 12 metal skewers. Season kebabs with salt and pepper.
- ☐ Lightly oil grill rack. Grill kebabs, turning, until chicken is cooked through, 4 to 6 minutes. Set aside 6 kebabs to cool.
- ☐ Serve remaining kebabs over brown rice, if desired, with sauce. When reserved kebabs have cooled, remove chicken and vegetables from skewers, wrap well and refrigerate.

Nutrition Facts



 **PROTEIN 44.61%**  **FAT 25.72%**  **CARBS 29.67%**

Properties

Glycemic Index:34.7, Glycemic Load:13.14, Inflammation Score:-9, Nutrition Score:38.996086711469%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.03mg, Quercetin: 8.03mg, Quercetin: 8.03mg, Quercetin: 8.03mg

Nutrients (% of daily need)

Calories: 519.75kcal (25.99%), Fat: 14.83g (22.82%), Saturated Fat: 2.71g (16.94%), Carbohydrates: 38.51g (12.84%), Net Carbohydrates: 33.07g (12.03%), Sugar: 8.13g (9.04%), Cholesterol: 147.33mg (49.11%), Sodium: 487.47mg (21.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.88g (115.77%), Vitamin B3: 26.39mg (131.96%), Vitamin B6: 2.29mg (114.5%), Selenium: 75.34µg (107.64%), Vitamin C: 85.75mg (103.94%), Manganese: 1.51mg (75.35%), Phosphorus: 672.79mg (67.28%), Potassium: 1461.41mg (41.75%), Vitamin B5: 4.05mg (40.52%), Vitamin A: 1918.63IU (38.37%), Magnesium: 145.69mg (36.42%), Vitamin B1: 0.44mg (29.22%), Vitamin B2: 0.45mg (26.3%), Fiber: 5.44g (21.76%), Folate: 78.94µg (19.74%), Iron: 3.44mg (19.09%), Zinc: 2.83mg (18.87%), Copper: 0.34mg (16.77%), Vitamin E: 2.13mg (14.2%), Calcium: 125.34mg (12.53%), Vitamin K: 10.15µg (9.67%), Vitamin B12: 0.45µg (7.56%), Vitamin D: 0.23µg (1.51%)