



## Chicken, Mushroom, and Bok Choy Kebabs



Gluten Free



Dairy Free

READY IN



240 min.

SERVINGS



6

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 pound baby bok choy (5 to 6 heads)
- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 pound crimini mushrooms with caps trimmed
- ☐ 0.3 cup sherry dry
- ☐ 3 large garlic clove
- ☐ 1 tablespoon ginger finely grated peeled
- ☐ 0.5 cup soy sauce reduced-sodium
- ☐ 2 teaspoon sesame oil

- ☐ 1.5 pound chicken thighs boneless skinless cut into 2-inch pieces
- ☐ 0.5 cup vegetable oil

## Equipment

- ☐ sauce pan
- ☐ pot
- ☐ grill
- ☐ skewers
- ☐ tongs

## Directions

- ☐ Mince and mash garlic to a paste with a pinch of salt.
- ☐ Boil soy sauce, Sherry, and brown sugar in a small saucepan over medium heat, stirring occasionally, until reduced to about 2/3 cup, 5 to 7 minutes. Stir in garlic paste, ginger, and sesame oil, then cool to room temperature.
- ☐ Pour half of marinade into a large sealable bag and chill remainder for basting.
- ☐ Add chicken to bag and marinate, chilled, turning bag occasionally, at least 3 hours.
- ☐ Prepare grill for direct-heat cooking over medium-hot charcoal (medium-high heat for gas).
- ☐ Meanwhile, halve bok choy lengthwise and blanch in a large pot of boiling salted water (2 Tbsp salt for 5 qt water) until crisp-tender, about 2 minutes. Immediately transfer with tongs to an ice bath to stop cooking. Pat bok choy very dry, then, bending leaves, thread 3 or 4 halves (through bulb and leaves) onto each of 3 or 4 skewers. Put on a tray.
- ☐ Toss mushrooms with vegetable oil. Thread mushrooms (through sides) and chicken (discard marinade) onto remaining skewers, alternating them. Put on another tray.
- ☐ Oil grill rack, then grill chicken-and-mushroom skewers, covered only if using a gas grill, 6 minutes. Turn over and baste with some of remaining marinade, then grill, turning and basting occasionally (but not during last 3 minutes), until chicken is just cooked through and mushrooms are tender, 6 to 8 minutes more.
- ☐ Lightly brush bok choy with oil and grill, covered only if using a gas grill, turning once, until grill marks appear, about 2 minutes total.

## Nutrition Facts



 PROTEIN **41.36%**  FAT **35.42%**  CARBS **23.22%**

Properties

Glycemic Index:10, Glycemic Load:0.22, Inflammation Score:-9, Nutrition Score:19.39217376709%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 258.04kcal (12.9%), Fat: 9.75g (14.99%), Saturated Fat: 1.93g (12.05%), Carbohydrates: 14.37g (4.79%), Net Carbohydrates: 13.18g (4.79%), Sugar: 10.57g (11.74%), Cholesterol: 107.73mg (35.91%), Sodium: 920.97mg (40.04%), Alcohol: 1.37g (100%), Alcohol %: 0.59% (100%), Protein: 25.6g (51.2%), Vitamin A: 3391.49IU (67.83%), Selenium: 35.91µg (51.3%), Vitamin C: 34.55mg (41.87%), Vitamin B3: 8.06mg (40.28%), Vitamin B6: 0.61mg (30.55%), Phosphorus: 298.15mg (29.81%), Vitamin B2: 0.44mg (25.94%), Vitamin B5: 2.03mg (20.25%), Potassium: 554.48mg (15.84%), Zinc: 2.35mg (15.65%), Copper: 0.27mg (13.74%), Vitamin B12: 0.76µg (12.73%), Calcium: 118.25mg (11.83%), Magnesium: 47.18mg (11.8%), Iron: 2.02mg (11.24%), Manganese: 0.21mg (10.56%), Vitamin B1: 0.15mg (10.03%), Vitamin K: 10.23µg (9.74%), Folate: 23.73µg (5.93%), Fiber: 1.19g (4.75%), Vitamin E: 0.62mg (4.1%)