

Chicken on a Stick

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



90 min.

SERVINGS



4

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon goat meat
- 0.5 cup salad dressing italian-style
- 4 chicken breast halves boneless skinless

Equipment

- grill
- ziploc bags
- skewers
- meat tenderizer

Directions

- Rinse chicken breasts and pat dry.
- Sprinkle with the meat tenderizer and place in a sealable plastic bag.
- Pour the dressing in the bag and turn the chicken to coat thoroughly. Seal and marinate in the refrigerator for 30 minutes to 1 hour.
- Preheat an outdoor grill for medium heat and lightly oil grate.
- Place the chicken onto skewers and grill over medium heat for 5 to 10 minutes per side. Chicken is done when its juices run clear.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:11.793043533097%

Nutrients (% of daily need)

Calories: 200.72kcal (10.04%), Fat: 9.16g (14.09%), Saturated Fat: 1.51g (9.46%), Carbohydrates: 3.55g (1.18%), Net Carbohydrates: 3.55g (1.29%), Sugar: 3.17g (3.53%), Cholesterol: 73.11mg (24.37%), Sodium: 424.2mg (18.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.37g (48.74%), Vitamin B3: 11.95mg (59.76%), Selenium: 37.14µg (53.06%), Vitamin B6: 0.87mg (43.72%), Phosphorus: 244.29mg (24.43%), Vitamin B5: 1.63mg (16.28%), Vitamin K: 16.68µg (15.88%), Potassium: 447.33mg (12.78%), Magnesium: 31.17mg (7.79%), Vitamin B2: 0.11mg (6.72%), Vitamin E: 0.86mg (5.74%), Vitamin B1: 0.08mg (5.27%), Zinc: 0.68mg (4.55%), Vitamin B12: 0.23µg (3.81%), Iron: 0.5mg (2.77%), Copper: 0.04mg (1.82%), Vitamin C: 1.49mg (1.8%), Manganese: 0.03mg (1.31%), Folate: 4.57µg (1.14%)