



Chicken Skewers



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 skinelss chicken breast halves boneless cut into 1 1/2 -to 2 in. pieces
- ☐ 0.5 pint cracked olives green pitted
- ☐ 2 preserved lemons

Equipment

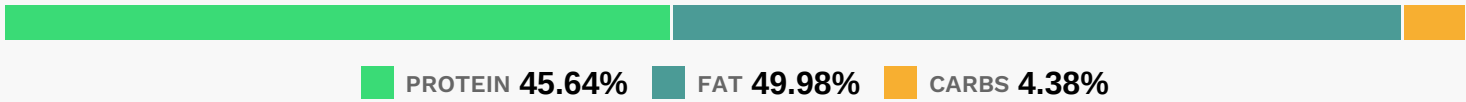
- ☐ bowl
- ☐ grill
- ☐ broiler

☐ skewers

Directions

- ☐ Preheat broiler or grill.
- ☐ Remove pulp from lemons and discard, rinse rinds, and cut each rind into eighths.
- ☐ In a large bowl, toss together chicken, lemon rinds, and pepper. Cover and refrigerate 20 to 30 minutes.
- ☐ Thread chicken, alternating with lemon rinds and olives, onto 4 to 6 skewers. Grill or broil until meat is cooked through, about 5 minutes per side.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:12.506956468458%

Flavonoids

Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg

Nutrients (% of daily need)

Calories: 215.04kcal (10.75%), Fat: 11.98g (18.43%), Saturated Fat: 1.84g (11.52%), Carbohydrates: 2.37g (0.79%), Net Carbohydrates: 0.37g (0.13%), Sugar: 0.34g (0.37%), Cholesterol: 72.32mg (24.11%), Sodium: 1053.8mg (45.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.62g (49.23%), Vitamin B3: 11.93mg (59.64%), Selenium: 36.7µg (52.43%), Vitamin B6: 0.87mg (43.25%), Phosphorus: 239.86mg (23.99%), Vitamin E: 2.47mg (16.46%), Vitamin B5: 1.63mg (16.26%), Potassium: 444.6mg (12.7%), Magnesium: 36.1mg (9.02%), Fiber: 2.01g (8.03%), Vitamin B2: 0.12mg (6.9%), Vitamin B1: 0.08mg (5.66%), Vitamin A: 267.03IU (5.34%), Copper: 0.1mg (5.16%), Zinc: 0.68mg (4.54%), Iron: 0.72mg (4%), Vitamin B12: 0.23µg (3.77%), Calcium: 36.96mg (3.7%), Manganese: 0.03mg (1.64%), Vitamin C: 1.36mg (1.64%), Folate: 6.32µg (1.58%), Vitamin K: 1.26µg (1.2%)