



Chicken Skewers with Chopped Cucumber, Arugula & Olives



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



714 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black as needed freshly ground
- ☐ 1.8 pound chicken thighs boneless cut into 32 pieces
- ☐ 1 cup cucumber peeled seeded finely chopped
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.8 teaspoon thyme leaves fresh
- ☐ 2 clove garlic thinly sliced
- ☐ 4 servings oil for grill

- ☐ 4 servings very olive oil good for drizzling
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 4 servings sea salt

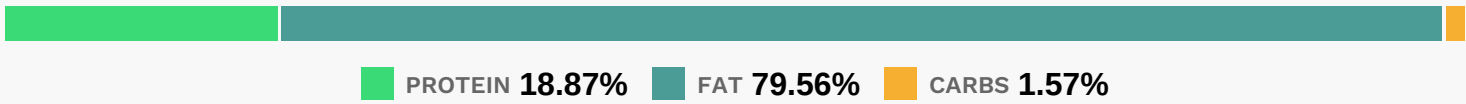
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ In a large bowl, combine chicken, wine, garlic, and rosemary; stir to combine. Cover mixture and marinate at room temperature for 30 minutes. Prepare a charcoal grill for direct-heat cooking over medium-hot coals (medium-high for gas). Thread chicken pieces onto 8 skewers season with salt and pepper. Grill skewers on a lightly oiled grill rack, turning frequently, until chicken is cooked through, about 10 minutes.
- ☐ Transfer skewers to a large serving plate. In a bowl stir together cucumber, arugula, olives, theme and red pepper flakes. Spoon mixture over skewers and drizzle with olive oil.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:0.36, Inflammation Score:-6, Nutrition Score:16.434347935345%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg 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: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 713.93kcal (35.7%), Fat: 61.05g (93.92%), Saturated Fat: 11.86g (74.13%), Carbohydrates: 2.71g (0.9%), Net Carbohydrates: 2.32g (0.84%), Sugar: 0.77g (0.86%), Cholesterol: 194.48mg (64.83%), Sodium: 351.4mg (15.28%), Alcohol: 3.09g (100%), Alcohol %: 1.34% (100%), Protein: 32.59g (65.18%), Selenium: 37.42µg (53.45%), Vitamin B3: 9.29mg (46.47%), Vitamin B6: 0.74mg (36.77%), Vitamin E: 4.94mg (32.95%), Phosphorus: 329.15mg (32.92%), Vitamin K: 25.41µg (24.2%), Vitamin B5: 2.12mg (21.23%), Vitamin B12: 1.27µg (21.17%), Zinc: 2.6mg (17.36%), Vitamin B2: 0.28mg (16.44%), Potassium: 485.58mg (13.87%), Magnesium: 46.03mg (11.51%), Vitamin B1: 0.16mg (10.82%), Iron: 1.69mg (9.37%), Manganese: 0.14mg (6.9%), Copper: 0.14mg (6.77%), Vitamin A: 234.29IU (4.69%), Calcium: 28.58mg (2.86%), Folate: 11.17µg (2.79%), Vitamin C: 2.13mg (2.59%), Fiber: 0.39g (1.54%), Vitamin D: 0.2µg (1.32%)