



Chicken Skewers with Fresh Herb Vinaigrette and Feta

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 ounce feta cheese crumbled
- ☐ 2 tablespoons flat-leaf parsley chopped
- ☐ 1 garlic clove minced
- ☐ 3 tablespoons mint leaves chopped
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 pound baby pattypan squash yellow
- ☐ 1 large onion red cut into 1 1/2-inch pieces

- ☐ 1 tablespoon red wine vinegar
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1.3 pounds chicken breast halves boneless skinless cut into 1 1/2-inch pieces
- ☐ 0.5 pound tomatillos halved

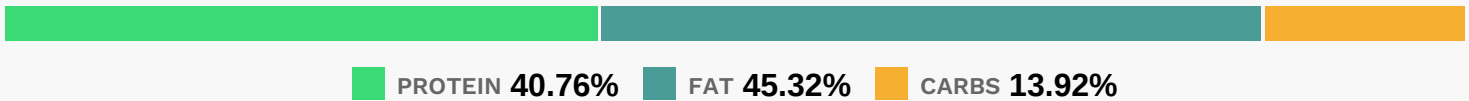
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers
- ☐ grill pan
- ☐ metal skewers

Directions

- ☐ Light a grill or preheat a grill pan. On four 14-inch-long metal skewers, tightly thread the chicken, pattypans, red onion and tomatillos in an alternating pattern.
- ☐ Brush the skewers with 1 tablespoon of the olive oil and season with salt and pepper.
- ☐ Grill the skewers over a medium-hot fire, turning frequently, until the chicken is just cooked through and the vegetables are lightly charred and barely tender, about 12 minutes.
- ☐ Meanwhile, in a small bowl, combine the mint, parsley, garlic, vinegar and the remaining 2 tablespoons of olive oil; season with salt and pepper.
- ☐ Slide the chicken and vegetables off the skewers and onto plates. Spoon the vinaigrette on top, sprinkle with the feta and serve.
- ☐ Notes: One serving 323 calories, 7 gm total fat, 2 gm saturated fat, 12 gm carb.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:0.73, Inflammation Score:-8, Nutrition Score:24.882173844006%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 4.52mg, Apigenin: 4.52mg, Apigenin: 4.52mg, Apigenin: 4.52mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 327.92kcal (16.4%), Fat: 16.58g (25.51%), Saturated Fat: 3.34g (20.9%), Carbohydrates: 11.45g (3.82%), Net Carbohydrates: 8.17g (2.97%), Sugar: 6.13g (6.81%), Cholesterol: 97.03mg (32.34%), Sodium: 444.73mg (19.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.56g (67.11%), Vitamin B3: 16.71mg (83.56%), Selenium: 47.18µg (67.4%), Vitamin B6: 1.3mg (64.8%), Vitamin K: 49.12µg (46.78%), Vitamin C: 34.89mg (42.29%), Phosphorus: 397.81mg (39.78%), Potassium: 964.38mg (27.55%), Vitamin B5: 2.35mg (23.48%), Magnesium: 82.71mg (20.68%), Manganese: 0.39mg (19.28%), Vitamin B2: 0.28mg (16.21%), Vitamin B1: 0.22mg (14.99%), Folate: 58.49µg (14.62%), Vitamin E: 2.18mg (14.52%), Vitamin A: 711.54IU (14.23%), Fiber: 3.29g (13.15%), Copper: 0.23mg (11.49%), Zinc: 1.6mg (10.67%), Iron: 1.84mg (10.21%), Calcium: 87.55mg (8.75%), Vitamin B12: 0.4µg (6.72%), Vitamin D: 0.17µg (1.13%)