



 **61%**
HEALTH SCORE

Chicken Skewers With Grilled Romaine

 Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups breadcrumbs
- 1 teaspoon garlic minced
- 4 servings kosher salt
- 0.3 cup olive oil extra-virgin plus more for drizzling
- 2 tablespoons oregano fresh chopped
- 0.3 cup parmesan cheese grated
- 0.3 teaspoon pepper flakes red
- 2 teaspoons red wine vinegar plus more for drizzling

- 1 head romaine lettuce quartered
- 1 tablespoon shallots red minced
- 1.5 pounds chicken breasts boneless skinless cut into chunks

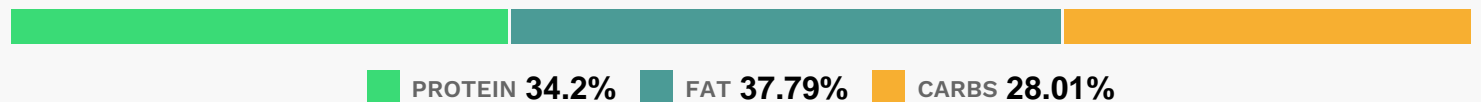
Equipment

- bowl
- grill
- skewers

Directions

- Mix the olive oil, vinegar, oregano, shallot, garlic, red pepper flakes and 1 1/4 teaspoons salt in a large bowl.
- Drizzle the cut sides of each piece of romaine with about 1 teaspoon of the dressing.
- Add the chicken to the bowl with the remaining dressing and toss.
- Add the breadcrumbs and toss to coat. Thread the chicken onto the skewers, leaving space between each piece. Grill the chicken skewers, turning occasionally, until cooked through, 8 to 10 minutes. Meanwhile, grill the romaine, turning once, until marked and slightly wilted, 1 to 2 minutes.
- Transfer the romaine to plates and drizzle with olive oil and vinegar. Season with salt.
- Serve with the chicken skewers and sprinkle with the parmesan.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.15, Inflammation Score:-10, Nutrition Score:40.471739141837%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

Nutrients (% of daily need)

Calories: 535.71kcal (26.79%), Fat: 22.4g (34.47%), Saturated Fat: 4.39g (27.43%), Carbohydrates: 37.35g (12.45%), Net Carbohydrates: 31.08g (11.3%), Sugar: 4.6g (5.11%), Cholesterol: 114.3mg (38.1%), Sodium: 812.83mg (35.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.61g (91.22%), Vitamin A: 13815.95IU (276.32%), Vitamin K: 187.36µg (178.43%), Vitamin B3: 21.06mg (105.31%), Selenium: 67.71µg (96.73%), Vitamin B6: 1.48mg (74.25%), Folate: 269.81µg (67.45%), Phosphorus: 516.75mg (51.68%), Vitamin B1: 0.62mg (41.48%), Manganese: 0.79mg (39.49%), Potassium: 1148.54mg (32.82%), Vitamin B5: 2.92mg (29.22%), Iron: 5.18mg (28.78%), Vitamin B2: 0.48mg (27.98%), Fiber: 6.27g (25.09%), Magnesium: 93.22mg (23.3%), Calcium: 232.19mg (23.22%), Vitamin E: 3.04mg (20.27%), Zinc: 2.29mg (15.27%), Copper: 0.25mg (12.38%), Vitamin C: 8.79mg (10.66%), Vitamin B12: 0.57µg (9.44%), Vitamin D: 0.2µg (1.34%)