



Chicken Skewers with Meyer Lemon Salsa

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



168 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 1 teaspoon coriander seeds
- ☐ 0.5 cup cucumber english finely chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 garlic clove coarsely chopped
- ☐ 6 servings kosher salt
- ☐ 8 lemon zest
- ☐ 3 tablespoons spring onion divided thinly sliced

- ☐ 1 serrano chiles with seeds), finely chopped
- ☐ 0.3 cup yogurt plain
- ☐ 1.5 pounds chicken thighs boneless skinless cut into 1 1/2" pieces
- ☐ 1 pinch sugar
- ☐ 1 teaspoon turmeric
- ☐ 1 tablespoon vegetable oil

Equipment

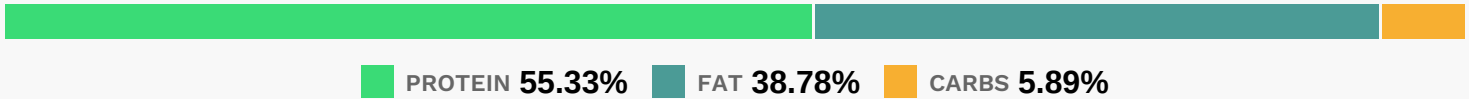
- ☐ bowl
- ☐ baking sheet
- ☐ knife
- ☐ blender
- ☐ grill
- ☐ aluminum foil
- ☐ broiler
- ☐ skewers

Directions

- ☐ Using a sharp knife, cut all peel and white pith from lemons; discard. Working over a medium bowl, cut between membranes to release segments into bowl; squeeze in juice from membranes and discard membranes. Strain juice into another bowl.
- ☐ Combine segments, 1 tablespoon strained lemon juice (reserve remaining juice for another use), cucumber, 2 tablespoons scallions, and chile in a small bowl; mix well. Stir in sugar; season salsa with salt and set aside.
- ☐ Place chicken in a medium bowl and season with salt and pepper. In a mini-processor or blender, purée 1/4 cup cilantro, yogurt, vegetable oil, garlic, coriander, and turmeric.
- ☐ Pour marinade over chicken; toss to coat.
- ☐ Let marinate at room temperature for 20 minutes. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- ☐ Let stand at room temperature for 30 minutes before continuing.

- ☐
- Preheat broiler. Thread 4 pieces of chicken onto each skewer and transfer to a foil-lined baking sheet. Broil, turning once and watching closely to prevent burning, until browned and cooked through, about 8 minutes. (Alternatively, grill skewers over medium-high heat on a gas grill or over medium heat on a charcoal grill.)
- ☐
- Transfer skewers to plates. Spoon Meyer lemon salsa over chicken.
- ☐
- Garnish with remaining 2 tablespoons cilantro and 1 tablespoon scallions.

Nutrition Facts



Properties

Glycemic Index:40.27, Glycemic Load:0.32, Inflammation Score:-9, Nutrition Score:10.897391381471%

Flavonoids

Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 168.4kcal (8.42%), Fat: 7.08g (10.9%), Saturated Fat: 1.55g (9.66%), Carbohydrates: 2.42g (0.81%), Net Carbohydrates: 1.92g (0.7%), Sugar: 1.27g (1.41%), Cholesterol: 107.93mg (35.98%), Sodium: 304.14mg (13.22%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 22.73g (45.47%), Selenium: 26.29µg (37.56%), Vitamin B3: 6.42mg (32.11%), Vitamin B6: 0.54mg (27.17%), Phosphorus: 236.4mg (23.64%), Vitamin K: 16.9µg (16.09%), Vitamin B5: 1.47mg (14.71%), Vitamin B2: 0.23mg (13.82%), Vitamin B12: 0.79µg (13.13%), Zinc: 1.9mg (12.69%), Potassium: 353.6mg (10.1%), Magnesium: 32.62mg (8.16%), Vitamin B1: 0.12mg (7.8%), Iron: 1.23mg (6.86%), Manganese: 0.1mg (4.95%), Copper: 0.09mg (4.42%), Calcium: 40.48mg (4.05%), Vitamin C: 2.81mg (3.41%), Vitamin E: 0.45mg (2.98%), Folate: 10.2µg (2.55%), Vitamin A: 121.11IU (2.42%), Fiber: 0.5g (2.02%)