



Chicken Skewers with Mint Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



157 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon peppercorns black crushed
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 0.8 ounce mint leaves fresh packed
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon olive oil
- ☐ 0.5 teaspoon salt

- ☐ 1 pound chicken breast boneless skinless cut into 1-inch pieces
- ☐ 0.5 cup water
- ☐ 3 ounce bread white
- ☐ 2 teaspoons citrus champagne vinegar

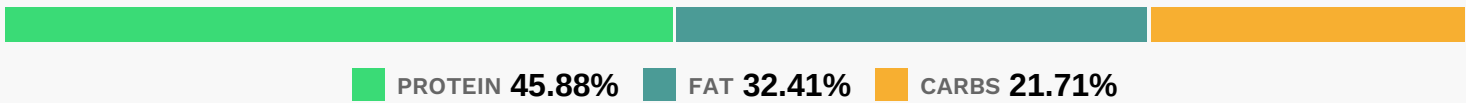
Equipment

- ☐ food processor
- ☐ grill
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ To prepare chicken, combine first 6 ingredients in a large zip-top plastic bag.
- ☐ Add chicken; seal and marinate in refrigerator 15 minutes, turning bag occasionally.
- ☐ Remove chicken from bag; discard marinade.
- ☐ Prepare grill.
- ☐ Thread chicken pieces onto 6 (8-inch) skewers.
- ☐ Place skewers on grill rack coated with cooking spray; grill 8 minutes or until chicken is done, turning frequently.
- ☐ To prepare mint sauce, place bread slices in a food processor, and pulse until coarsely crumbled.
- ☐ Add mint, olive oil, white wine vinegar, 1/2 teaspoon salt, and 2 garlic cloves; pulse until combined. With processor on, slowly pour water through food chute, and process until smooth and well blended.

Nutrition Facts



Properties

Glycemic Index:22.8, Glycemic Load:5.09, Inflammation Score:-3, Nutrition Score:9.9426086985547%

Flavonoids

Eriodictyol: 1.34mg, Eriodictyol: 1.34mg, Eriodictyol: 1.34mg, Eriodictyol: 1.34mg Hesperetin: 1.08mg, Hesperetin: 1.08mg, Hesperetin: 1.08mg, Hesperetin: 1.08mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 157.06kcal (7.85%), Fat: 5.54g (8.52%), Saturated Fat: 0.98g (6.1%), Carbohydrates: 8.34g (2.78%), Net Carbohydrates: 7.62g (2.77%), Sugar: 0.9g (1%), Cholesterol: 48.38mg (16.13%), Sodium: 353mg (15.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.63g (35.26%), Vitamin B3: 8.64mg (43.22%), Selenium: 27.65µg (39.51%), Vitamin B6: 0.6mg (30.04%), Phosphorus: 179.96mg (18%), Vitamin B5: 1.18mg (11.81%), Potassium: 330.4mg (9.44%), Manganese: 0.18mg (9.02%), Vitamin B1: 0.13mg (8.45%), Vitamin B2: 0.12mg (7.18%), Magnesium: 27.57mg (6.89%), Folate: 23.88µg (5.97%), Iron: 1.02mg (5.64%), Vitamin C: 4.29mg (5.2%), Calcium: 46.34mg (4.63%), Vitamin E: 0.65mg (4.33%), Zinc: 0.63mg (4.17%), Vitamin A: 199.46IU (3.99%), Copper: 0.06mg (3.01%), Fiber: 0.72g (2.88%), Vitamin B12: 0.15µg (2.52%), Vitamin K: 2.39µg (2.28%)