



Chicken Skewers with Tarragon-Pistachio Pesto



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound chicken tenderloins (8 large)
- ☐ 2 tablespoons tarragon fresh chopped
- ☐ 1 medium garlic clove peeled
- ☐ 8 slices optional: lemon halved
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup parsley fresh italian chopped

- ☐ 2 tablespoons natural pistachios unsalted
- ☐ 16 inch bell pepper red
- ☐ 16 inch onion red (1/)

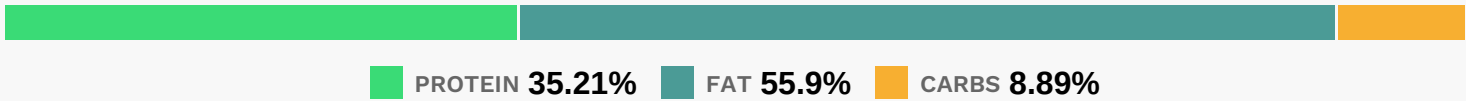
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ Puree first 5 ingredients in processor.
- ☐ Add 1/4 cup olive oil and blend until slightly coarse paste forms.
- ☐ Mix in 2 tablespoons water. Season with salt and pepper.
- ☐ Transfer 3 tablespoons pesto to small bowl (for brushing chicken and vegetables); reserve remaining pesto.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Brush grill with oil. Thread 1 onion piece, 1 bell pepper square, 1 lemon slice half, 1 chicken tender (lengthwise), then 1 onion piece, 1 bell pepper square, and 1 lemon slice half alternately on each of 8 skewers.
- ☐ Brush vegetables and chicken on skewers with olive oil, then with 3 tablespoons pesto from small bowl.
- ☐ Sprinkle skewers with salt and pepper. Grill until chicken is cooked through and vegetables are slightly softened, 6 to 8 minutes per side.
- ☐ Serve with reserved pesto.
- ☐ Per serving: 433 Calories, 30 g Fat, 3 g Fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:58.63, Glycemic Load:1.88, Inflammation Score:-8, Nutrition Score:22.768695789835%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 3.17mg, Eriodictyol: 3.17mg, Eriodictyol: 3.17mg, Eriodictyol: 3.17mg Hesperetin: 4.45mg, Hesperetin: 4.45mg, Hesperetin: 4.45mg, Hesperetin: 4.45mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 295.42kcal (14.77%), Fat: 18.55g (28.53%), Saturated Fat: 2.81g (17.55%), Carbohydrates: 6.64g (2.21%), Net Carbohydrates: 4.94g (1.8%), Sugar: 1.66g (1.85%), Cholesterol: 72.57mg (24.19%), Sodium: 139.48mg (6.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.28g (52.56%), Vitamin K: 131.9µg (125.62%), Vitamin B3: 12.42mg (62.11%), Vitamin B6: 1.07mg (53.41%), Selenium: 36.94µg (52.77%), Vitamin C: 36.16mg (43.83%), Phosphorus: 281.09mg (28.11%), Vitamin A: 1150.07IU (23%), Manganese: 0.39mg (19.73%), Potassium: 667.86mg (19.08%), Vitamin B5: 1.75mg (17.46%), Vitamin E: 2.49mg (16.61%), Magnesium: 53.68mg (13.42%), Iron: 2.4mg (13.35%), Vitamin B2: 0.19mg (11.13%), Vitamin B1: 0.14mg (9.24%), Folate: 36.35µg (9.09%), Calcium: 68.23mg (6.82%), Fiber: 1.7g (6.79%), Zinc: 1.02mg (6.79%), Copper: 0.13mg (6.4%), Vitamin B12: 0.23µg (3.78%)