



Chicken Skewers with Yogurt-Cumin Sauce

 Gluten Free

READY IN



27 min.

SERVINGS



4

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided
- ☐ 0.5 cup cucumber english finely chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup green onions chopped 2
- ☐ 1 teaspoon ground cumin divided
- ☐ 1 teaspoon olive oil
- ☐ 1 large onion red cut into 8 wedges
- ☐ 0.5 teaspoon salt divided

- ☐ 1.5 pounds chicken breasts boneless skinless cut into 1-inch pieces
- ☐ 6 ounce carton yogurt plain fat-free
- ☐ 40 inch wooden skewers
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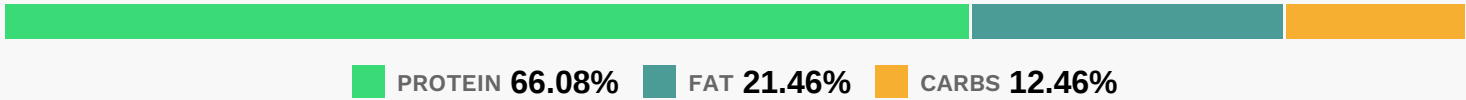
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ Soak skewers in water 30 minutes.
- ☐ While skewers soak, cut onion wedges in half lengthwise.
- ☐ Combine onion and next 3 ingredients in a large bowl.
- ☐ Add 1/2 teaspoon cumin, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Cover and marinate in refrigerator 15 minutes.
- ☐ While chicken and onions marinate, combine remaining 1/2 teaspoon cumin, remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, yogurt, cucumber, and green onions in a bowl. Cover and chill until ready to serve.
- ☐ Prepare grill.
- ☐ Thread chicken and onions alternately onto skewers; discard marinade.
- ☐ Place skewers on grill rack coated with cooking spray. Grill 15 minutes or until chicken is done, turning often.
- ☐ Serve with yogurt-cumin sauce.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.77, Inflammation Score:-5, Nutrition Score:20.220000095989%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg

Nutrients (% of daily need)

Calories: 245.13kcal (12.26%), Fat: 5.66g (8.71%), Saturated Fat: 1.18g (7.39%), Carbohydrates: 7.39g (2.46%), Net Carbohydrates: 6.57g (2.39%), Sugar: 4.81g (5.35%), Cholesterol: 109.71mg (36.57%), Sodium: 524.14mg (22.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.21g (78.42%), Vitamin B3: 17.9mg (89.51%), Selenium: 56.32µg (80.46%), Vitamin B6: 1.35mg (67.54%), Phosphorus: 441.41mg (44.14%), Vitamin B5: 2.78mg (27.77%), Potassium: 829.65mg (23.7%), Vitamin B2: 0.29mg (17.01%), Vitamin K: 16.66µg (15.86%), Magnesium: 60.45mg (15.11%), Calcium: 113.34mg (11.33%), Vitamin B1: 0.15mg (10.25%), Zinc: 1.53mg (10.22%), Vitamin B12: 0.6µg (9.99%), Vitamin C: 6.27mg (7.6%), Manganese: 0.15mg (7.26%), Iron: 1.23mg (6.84%), Folate: 22.16µg (5.54%), Copper: 0.08mg (4.18%), Vitamin E: 0.53mg (3.54%), Fiber: 0.83g (3.31%), Vitamin A: 138.3IU (2.77%), Vitamin D: 0.17µg (1.13%)