



Chicken-Vegetable Kabobs



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 cherry tomatoes
- ☐ 4 skinned and boned chicken breast halves
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 teaspoon garlic powder
- ☐ 1 bell pepper green cut into 1-inch pieces
- ☐ 1 teaspoon ground ginger
- ☐ 8 large mushrooms
- ☐ 2 tablespoons olive oil

- ☐ 0.3 cup orange juice
- ☐ 2 tablespoons soya sauce
- ☐ 2 tablespoons worcestershire sauce
- ☐ 8 inch metal skewers
- ☐ 8 inch metal skewers

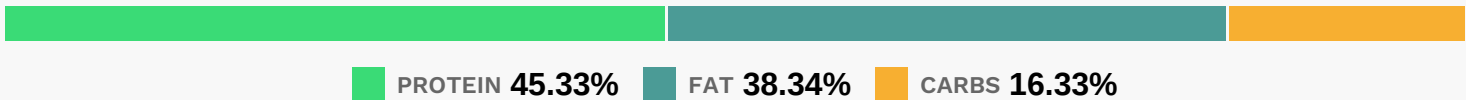
Equipment

- ☐ whisk
- ☐ grill
- ☐ ziploc bags
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Cut chicken into 2- x 1-inch strips.
- ☐ Whisk together 1/4 cup white wine, orange juice, olive oil, and next 4 ingredients, reserving 1/4 cup for basting.
- ☐ Pour remaining marinade into a shallow dish or large heavy-duty zip-top plastic bag; add chicken strips. Cover or seal, and chill 2 hours, turning chicken occasionally.
- ☐ Soak wooden skewers in water for 30 minutes to prevent burning.
- ☐ Remove chicken from marinade, discarding marinade.
- ☐ Thread chicken and vegetables onto 8 (8-inch) skewers.
- ☐ Grill chicken, covered with grill lid, over medium-high heat (350 to 400°F)
- ☐ for 20 minutes or until done, turning occasionally and basting with reserved marinade.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:1.66, Inflammation Score:-6, Nutrition Score:19.902608887009%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.53mg, Hesperetin: 2.53mg, Hesperetin: 2.53mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 250.59kcal (12.53%), Fat: 10.25g (15.77%), Saturated Fat: 1.67g (10.46%), Carbohydrates: 9.82g (3.27%), Net Carbohydrates: 8.36g (3.04%), Sugar: 5.39g (5.99%), Cholesterol: 72.32mg (24.11%), Sodium: 752.93mg (32.74%), Alcohol: 1.54g (100%), Alcohol %: 0.69% (100%), Protein: 27.26g (54.52%), Vitamin B3: 14.34mg (71.69%), Selenium: 41.22µg (58.88%), Vitamin C: 45.44mg (55.08%), Vitamin B6: 1.04mg (51.85%), Phosphorus: 319.29mg (31.93%), Vitamin B5: 2.46mg (24.6%), Potassium: 845.24mg (24.15%), Vitamin B2: 0.35mg (20.52%), Manganese: 0.35mg (17.49%), Copper: 0.27mg (13.36%), Magnesium: 49.68mg (12.42%), Vitamin B1: 0.17mg (11.53%), Iron: 1.91mg (10.6%), Vitamin E: 1.55mg (10.32%), Vitamin K: 7.77µg (7.4%), Zinc: 1.1mg (7.36%), Folate: 28.8µg (7.2%), Vitamin A: 358.43IU (7.17%), Fiber: 1.46g (5.82%), Vitamin B12: 0.24µg (4.07%), Calcium: 29.5mg (2.95%), Vitamin D: 0.2µg (1.37%)