



Chile Chicken Skewers

READY IN



45 min.

SERVINGS



4

CALORIES



514 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon allspice
- 4 large flour tortilla
- 1 sprig mint leaves fresh chopped
- 4 fresno and jalapeno peppers
- 2 cloves garlic crushed
- 3 tablespoons goat cheese
- 0.5 teaspoon ground cinnamon
- 1.5 teaspoons ground cumin
- 1.5 tablespoons juice of lemon fresh

- 1 lime halved
- 2 ounces manchego cheese cubed
- 2 tablespoons olive oil
- 3 tablespoons olive oil divided
- 2 tablespoons paprika
- 4 chicken thighs boneless skinless cut into quarters
- 3 tablespoons cream sour
- 0.5 teaspoon sriracha

Equipment

- bowl
- grill
- skewers
- grill pan

Directions

- Preheat a grill or grill pan over high heat.
- In a large bowl, stir together the paprika, cumin, cinnamon, allspice, garlic, lemon juice, and oil for the marinade to make a paste. Toss the chicken thighs in the paste and rub all over to coat.
- Let the chicken marinate in the bowl for 15 minutes.
- Rub the Fresno peppers with 1 tablespoon of olive oil and grill them on all sides until they're lightly charred on all sides, about 2 minutes on each side.
- Let the peppers cool, then slice off the tops and cut the peppers into bite-size pieces.
- Remove the chicken from the marinade, stick 4 pieces onto each soaked skewer and grill over high heat until cooked through, about 5 to 7 minutes on each side.
- Mix the goat cheese, sour cream, and sriracha sauce together. Set aside. In a bowl toss the cubed Manchego cheese and mint together. Grill the tortillas for a few seconds on each side, to soften and warm them.
- Lay a tortilla on each plate. Slather the sour cream mixture on top of the tortillas.

Lay the chicken skewers on top, divide the peppers over among the tortillas then divide the cubed cheese and mint over top. Squeeze a little fresh lime juice over each one and serve. To eat, lift the tortilla and wrap it around the skewer. Pull out the skewer and enjoy!

Nutrition Facts

PROTEIN 23.91% **FAT 59.63%** **CARBS 16.46%**

Properties

Glycemic Index:42, Glycemic Load:5.52, Inflammation Score:-9, Nutrition Score:21.574782590503%

Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 8.04mg, Hesperetin: 8.04mg, Hesperetin: 8.04mg, Hesperetin: 8.04mg Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 513.57kcal (25.68%), Fat: 34.3g (52.77%), Saturated Fat: 10.55g (65.92%), Carbohydrates: 21.3g (7.1%), Net Carbohydrates: 17.88g (6.5%), Sugar: 2.92g (3.24%), Cholesterol: 132.66mg (44.22%), Sodium: 467.26mg (20.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.95g (61.89%), Selenium: 33.47µg (47.81%), Vitamin A: 2175.3IU (43.51%), Vitamin B3: 8.32mg (41.58%), Vitamin B6: 0.72mg (35.87%), Phosphorus: 331.43mg (33.14%), Vitamin C: 24.78mg (30.04%), Vitamin E: 4.37mg (29.16%), Calcium: 258.43mg (25.84%), Vitamin B2: 0.4mg (23.65%), Vitamin K: 21.95µg (20.91%), Iron: 3.74mg (20.78%), Vitamin B1: 0.29mg (19.57%), Manganese: 0.35mg (17.39%), Vitamin B5: 1.69mg (16.94%), Zinc: 2.26mg (15.05%), Potassium: 489.2mg (13.98%), Fiber: 3.43g (13.71%), Vitamin B12: 0.76µg (12.7%), Magnesium: 48.42mg (12.11%), Copper: 0.23mg (11.46%), Folate: 42.95µg (10.74%)