



Chili Lime Chicken Kabobs



Gluten Free



Dairy Free



Popular

READY IN



90 min.

SERVINGS



4

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings cayenne pepper to taste
- 1 teaspoon chili powder
- 0.5 teaspoon garlic powder
- 1 juice of lime juiced
- 3 tablespoons olive oil
- 0.5 teaspoon onion powder
- 0.5 teaspoon paprika
- 1.5 tablespoons red wine vinegar

- 4 servings salt and pepper black freshly ground to taste
- 1 pound chicken breast halves boneless skinless cut into 1 1/2 inch pieces

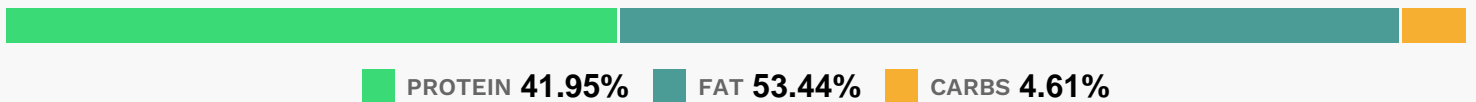
Equipment

- bowl
- whisk
- baking pan
- grill
- skewers

Directions

- In a small bowl, whisk together the olive oil, vinegar, and lime juice. Season with chili powder, paprika, onion powder, garlic powder, cayenne pepper, salt, and black pepper.
- Place the chicken in a shallow baking dish with the sauce, and stir to coat. Cover, and marinate in the refrigerator at least 1 hour.
- Preheat the grill for medium-high heat. Thread chicken onto skewers, and discard marinade.
- Lightly oil the grill grate. Grill skewers for 10 to 15 minutes, or until the chicken juices run clear.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.22, Inflammation Score:-7, Nutrition Score:13.987391280091%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 235.86kcal (11.79%), Fat: 13.9g (21.38%), Saturated Fat: 2.18g (13.61%), Carbohydrates: 2.7g (0.9%), Net Carbohydrates: 1.76g (0.64%), Sugar: 0.42g (0.47%), Cholesterol: 72.57mg (24.19%), Sodium: 141.75mg (6.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.55g (49.1%), Vitamin B3: 12.1mg (60.5%), Selenium: 36.72µg (52.46%), Vitamin B6: 0.93mg (46.27%), Phosphorus: 250.3mg (25.03%), Vitamin A: 1141.9IU (22.84%), Vitamin E: 2.61mg (17.39%), Vitamin B5: 1.64mg (16.42%), Potassium: 494.64mg (14.13%), Magnesium: 35.28mg (8.82%), Vitamin K: 9.1µg (8.67%), Vitamin B2: 0.14mg (8.33%), Vitamin C: 5.24mg (6.35%), Vitamin B1: 0.09mg (5.73%), Zinc: 0.77mg (5.13%), Iron: 0.85mg (4.7%), Manganese: 0.09mg (4.65%), Vitamin B12: 0.23µg (3.78%), Fiber: 0.93g (3.73%), Copper: 0.05mg (2.61%), Folate: 8.02µg (2.01%), Calcium: 14.04mg (1.4%)