



Chipotle Chicken and Vegetable Skewers



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups cherry tomatoes
- ☐ 8 oz chipotle sauce old el paso®
- ☐ 1 medium onion red cut into 1-inch chunks
- ☐ 1 lb chicken breast boneless skinless cut into cubes
- ☐ 1 tablespoon vegetable oil
- ☐ 1 zucchini sliced

Equipment

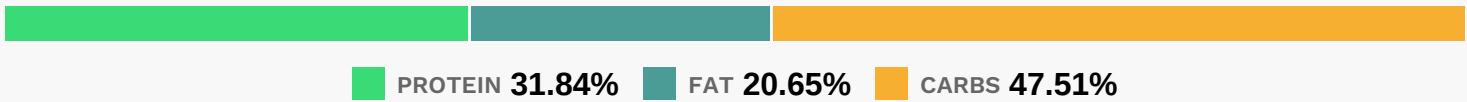
- ☐ bowl

- ☐ grill
- ☐ microwave
- ☐ skewers
- ☐ metal skewers

Directions

- ☐ Heat gas or charcoal grill.
- ☐ Place 1/4 cup of the cooking sauce in small bowl to use for brushing. Reserve remaining cooking sauce in microwavable bowl to serve with skewers.
- ☐ On each of 4 (10- to 12-inch) metal skewers, alternately thread chicken, zucchini, onion and tomatoes.
- ☐ Brush with oil.
- ☐ Place skewers on grill over medium heat. Cover grill; cook 10 to 15 minutes, turning skewers 2 or 3 times and brushing with 1/4 cup cooking sauce from small bowl during last 5 to 8 minutes of grilling, until chicken is no longer pink in center.
- ☐ Microwave cooking sauce that is in microwavable bowl uncovered on High 20 to 30 seconds or until hot.
- ☐ Serve with skewers.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.72, Inflammation Score:-7, Nutrition Score:19.308695492537%

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: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg

Nutrients (% of daily need)

Calories: 378.61kcal (18.93%), Fat: 9.04g (13.9%), Saturated Fat: 2.04g (12.73%), Carbohydrates: 46.77g (15.59%), Net Carbohydrates: 29.09g (10.58%), Sugar: 27.74g (30.82%), Cholesterol: 72.57mg (24.19%), Sodium: 193.52mg (8.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.35g (62.69%), Fiber: 17.68g (70.71%), Vitamin B3: 12.48mg (62.38%), Selenium: 36.9µg (52.71%), Vitamin B6: 1.02mg (51.05%), Vitamin C: 29.15mg (35.34%), Phosphorus: 285.59mg (28.56%), Potassium: 750.02mg (21.43%), Vitamin B5: 1.85mg (18.46%), Magnesium: 47.76mg (11.94%), Manganese: 0.22mg (10.87%), Vitamin B2: 0.18mg (10.78%), Vitamin K: 10.78µg (10.27%), Vitamin A: 496.87IU (9.94%), Vitamin B1: 0.13mg (8.94%), Folate: 31.21µg (7.8%), Vitamin E: 0.98mg (6.5%), Iron: 1.17mg (6.48%), Zinc: 0.97mg (6.44%), Copper: 0.12mg (6.16%), Vitamin B12: 0.23µg (3.78%), Calcium: 28.03mg (2.8%)