



## Creole Chicken-and-Sausage Kabobs



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1.5 pounds skinned and boned chicken breasts cut into 1 1/2-inch chunks
- ☐ 1.5 teaspoons creole seasoning
- ☐ 16 oz okra whole frozen thawed
- ☐ 1 large bell pepper red cut in 1-inch pieces
- ☐ 0.8 pound sausage smoked cut into 1-inch slices
- ☐ 12 inch metal skewers
- ☐ 12 inch metal skewers

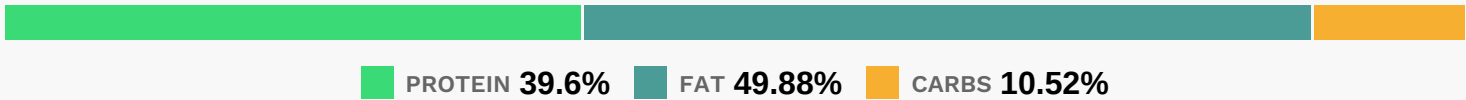
### Equipment

- ☐ grill
- ☐ skewers
- ☐ wooden skewers

## Directions

- ☐ Soak wooden skewers in water 30 minutes.
- ☐ Preheat grill to 350 to 400 (medium-high). Thread chicken, smoked sausage, okra, and bell pepper alternately onto skewers, leaving 1/4 inch between pieces; sprinkle with Creole seasoning.
- ☐ Grill kabobs, covered with grill lid, over 350 to 400 (medium-high) heat 18 minutes or until done, turning every 6 minutes.

## Nutrition Facts



## Properties

Glycemic Index:16, Glycemic Load:1.42, Inflammation Score:-9, Nutrition Score:25.882173952849%

## Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 15.92mg, Quercetin: 15.92mg, Quercetin: 15.92mg, Quercetin: 15.92mg

## Nutrients (% of daily need)

Calories: 333.58kcal (16.68%), Fat: 18.31g (28.17%), Saturated Fat: 5.92g (36.97%), Carbohydrates: 8.69g (2.9%), Net Carbohydrates: 5.56g (2.02%), Sugar: 2.32g (2.58%), Cholesterol: 112.83mg (37.61%), Sodium: 618.88mg (26.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.71g (65.42%), Vitamin B3: 14.72mg (73.62%), Vitamin C: 54.12mg (65.6%), Selenium: 44.32µg (63.31%), Vitamin B6: 1.2mg (60%), Phosphorus: 353.49mg (35.35%), Manganese: 0.67mg (33.72%), Vitamin A: 1639.16IU (32.78%), Vitamin B1: 0.39mg (25.84%), Vitamin K: 25.63µg (24.41%), Potassium: 820.52mg (23.44%), Vitamin B5: 2.14mg (21.37%), Magnesium: 83.42mg (20.85%), Vitamin B12: 1.08µg (18.05%), Vitamin B2: 0.28mg (16.65%), Folate: 65.27µg (16.32%), Zinc: 2.37mg (15.82%), Fiber: 3.13g (12.52%), Iron: 1.61mg (8.95%), Copper: 0.15mg (7.68%), Calcium: 74.28mg (7.43%), Vitamin E: 1mg (6.67%), Vitamin D: 0.74µg (4.91%)