



Curry Chicken Skewers

 Gluten Free  Dairy Free

READY IN



138 min.

SERVINGS



6

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds chicken breast boneless cut into chunks
- 2 tablespoons canola oil
- 0.3 cup chicken stock see
- 2 tablespoons cilantro leaves chopped
- 6 servings rice white steamed for serving
- 2 tablespoons curry powder
- 3 tablespoons garlic minced
- 0.5 cup green onions sliced

- 1 teaspoon coarsely ground pepper black
- 1 tablespoon honey
- 1 juice of lime juiced
- 2 tablespoons lemongrass minced
- 1 tablespoon paprika smoked
- 1 tablespoon soya sauce
- 6 servings wooden skewers
- 6 servings wooden skewers

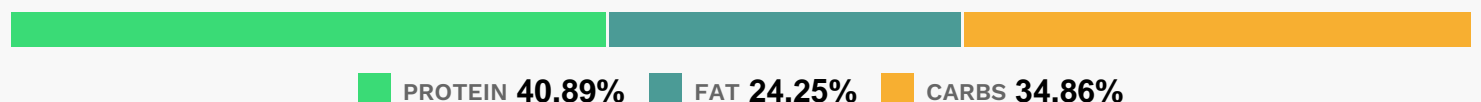
Equipment

- bowl
- plastic wrap
- grill
- skewers
- wooden skewers

Directions

- Watch how to make this recipe.
- Soak wooden skewers in water for at least 30 minutes.
- In a large bowl, add the chicken and all the remaining ingredients and mix well. Cover with plastic wrap and refrigerate for 2 hours or overnight.
- Remove the chicken from the marinade and thread onto the wooden skewers.
- Preheat the grill to medium.
- Put the skewers on the grill. Cook for 2 to 4 minutes, then flip and cook for another 2 to 4 minutes.
- Remove the chicken from the skewers to a serving platter and serve with white rice.

Nutrition Facts



Properties

Glycemic Index:53.71, Glycemic Load:26.04, Inflammation Score:-7, Nutrition Score:21.716086957766%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 354.54kcal (17.73%), Fat: 9.41g (14.48%), Saturated Fat: 1.38g (8.61%), Carbohydrates: 30.45g (10.15%), Net Carbohydrates: 28.62g (10.41%), Sugar: 3.62g (4.02%), Cholesterol: 97.07mg (32.36%), Sodium: 362.37mg (15.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.72g (71.43%), Vitamin B3: 16.66mg (83.28%), Selenium: 55.65µg (79.5%), Vitamin B6: 1.33mg (66.3%), Phosphorus: 381.05mg (38.1%), Manganese: 0.73mg (36.45%), Vitamin B5: 2.55mg (25.48%), Vitamin K: 24.89µg (23.7%), Potassium: 725.29mg (20.72%), Magnesium: 62.29mg (15.57%), Vitamin A: 736.87IU (14.74%), Vitamin E: 1.98mg (13.23%), Vitamin B2: 0.21mg (12.39%), Iron: 2.03mg (11.28%), Zinc: 1.55mg (10.37%), Vitamin B1: 0.14mg (9.47%), Copper: 0.16mg (8%), Vitamin C: 6.48mg (7.86%), Fiber: 1.83g (7.31%), Folate: 20.52µg (5.13%), Vitamin B12: 0.3µg (5.04%), Calcium: 45.39mg (4.54%), Vitamin D: 0.15µg (1.01%)