



Easy Parmesan-Garlic Chicken Skewers

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 tsp garlic powder
- 0.5 cup parmesan cheese grated kraft
- 0.7 oz env. seasons dressing mix italian good
- 2 lb chicken breasts boneless skinless cut lengthwise into strips

Equipment

- grill
- aluminum foil
- skewers

wooden skewers

Directions

Heat grill to medium-high heat.

Mix first 3 ingredients in shallow dish. Thread chicken strips onto wooden skewers; moisten lightly with water. Dip, 1 at a time, in cheese mixture, turning to evenly coat each strip.

Spray large sheet of foil with cooking spray; place foil on grill grate.

Place skewers on foil.

Grill 12 to 15 min. or until done, turning frequently.

Nutrition Facts


PROTEIN 66.9% **FAT 27.19%** **CARBS 5.91%**

Properties

Glycemic Index:0.17, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.0752173715635%

Nutrients (% of daily need)

Calories: 43.5kcal (2.17%), Fat: 1.25g (1.92%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 0.61g (0.2%), Net Carbohydrates: 0.61g (0.22%), Sugar: 0g (0%), Cholesterol: 20.8mg (6.93%), Sodium: 113.89mg (4.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.84%), Vitamin B3: 3.16mg (15.78%), Selenium: 10.27µg (14.67%), Vitamin B6: 0.23mg (11.43%), Phosphorus: 74.28mg (7.43%), Vitamin B5: 0.44mg (4.37%), Potassium: 115.57mg (3.3%), Magnesium: 8.49mg (2.12%), Vitamin B2: 0.04mg (2.12%), Zinc: 0.25mg (1.66%), Calcium: 16.29mg (1.63%), Vitamin B12: 0.08µg (1.38%), Vitamin B1: 0.02mg (1.34%)