



## Moroccan Lemon Shish Kebabs

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



79 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 pound chicken breast trimmed of fat cut into 2 cm (1") cubes
- 8 servings optional: lemon
- 1 teaspoon parsley chopped
- 1 teaspoon rosemary leaves fresh
- 2 teaspoons thyme sprigs fresh
- 2 cloves garlic crushed
- 1 teaspoon peppercorns black crushed
- 1 juice of lemon grated (zest)

2 teaspoons olive oil

## Equipment

bowl

frying pan

oven

plastic wrap

grill

skewers

## Directions

The chicken breast fillets trimmed of fat, cut into 1" cubes

For Moroccan lemon marinade

Put everything in a bowl

Add this Marinated chicken cubes, mix well, cover with Plastic Wrap and let stand at least 1/2 hour before use ... I like to leave more time in the fridge

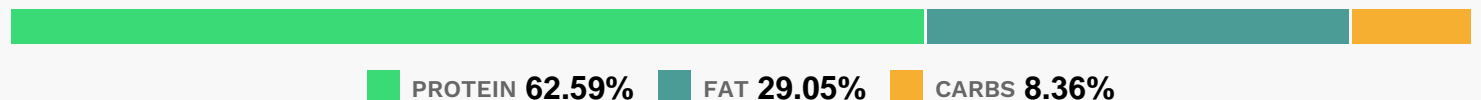
The time for rest, place the bamboo skewers or metal rods in a tray with water (to cover only), that is to avoid burning

Thread the meat on each rod are more or less as 4 pieces of meat

Shish Kebab cooking on the grill, skillet or the oven ... I like the first option, you know the smell of charcoal, wood ...

Once the Shish Kebab cooked, serve immediately on a bed of Rice, Mediterranean Cous Cous, etc. ... or only with Pita Bread and ready

## Nutrition Facts



## Properties

Glycemic Index:20.56, Glycemic Load:0.28, Inflammation Score:-5, Nutrition Score:6.3860869565217%

## Flavonoids

Eriodictyol: 1.68mg, Eriodictyol: 1.68mg, Eriodictyol: 1.68mg, Eriodictyol: 1.68mg Hesperetin: 2.5mg, Hesperetin: 2.5mg, Hesperetin: 2.5mg, Hesperetin: 2.5mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Taste

Sweetness: 11.32%, Saltiness: 100%, Sourness: 44.55%, Bitterness: 38.59%, Savoriness: 71.29%, Fattiness: 59.89%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 79.36kcal (3.97%), Fat: 2.53g (3.89%), Saturated Fat: 0.47g (2.97%), Carbohydrates: 1.64g (0.55%), Net Carbohydrates: 1.2g (0.44%), Sugar: 0.28g (0.31%), Cholesterol: 36.29mg (12.1%), Sodium: 66.26mg (2.88%), Protein: 12.26g (24.52%), Vitamin B3: 5.95mg (29.73%), Selenium: 18.31µg (26.16%), Vitamin B6: 0.44mg (22.23%), Phosphorus: 123.05mg (12.31%), Vitamin B5: 0.84mg (8.41%), Vitamin C: 6.9mg (8.36%), Potassium: 236.83mg (6.77%), Manganese: 0.1mg (5.12%), Magnesium: 17.47mg (4.37%), Vitamin B2: 0.06mg (3.7%), Vitamin B1: 0.04mg (2.82%), Zinc: 0.36mg (2.4%), Iron: 0.42mg (2.31%), Vitamin B12: 0.11µg (1.89%), Vitamin E: 0.27mg (1.83%), Vitamin K: 1.83µg (1.75%), Fiber: 0.43g (1.74%), Copper: 0.03mg (1.54%), Calcium: 10.77mg (1.08%), Folate: 4.16µg (1.04%)