



Gingery Chicken Kabobs with Honey Mustard Sauce

 Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



10

CALORIES



161 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons vegetable oil; peanut oil preferred
- 2 tablespoons oyster sauce
- 1 tablespoon ginger grated
- 1 teaspoon garlic clove finely chopped
- 0.3 teaspoon hot sauce red
- 0.3 teaspoon salt
- 0.3 teaspoon pepper

- 2 lb chicken breast boneless skinless cut lengthwise into 1/2-inch strips
- 0.3 cup honey
- 0.3 cup dijon mustard
- 2 tablespoons juice of lemon fresh

Equipment

- bowl
- baking sheet
- oven
- ziploc bags
- skewers
- wooden skewers

Directions

- Soak 20 (6-inch) wooden skewers in water 30 minutes.
- In large nonmetal dish or resealable food-storage plastic bag, mix oil, oyster sauce, ginger, garlic, pepper sauce, salt and pepper.
- Add chicken; stir or turn bag to coat. Cover dish or seal bag; refrigerate at least 30 minutes or up to 6 hours.
- Heat oven to 350°F. Spray 15x10x1-inch baking sheet with cooking spray.
- Remove chicken from bowl or bag; discard marinade. On each skewer, thread chicken strips.
- Place kabobs on prepared baking sheet.
- Bake 12 to 15 minutes, turning once, until chicken is no longer pink in center.
- Meanwhile, in small bowl, stir together sauce ingredients.
- Serve kabobs with sauce for dipping.

Nutrition Facts

 **PROTEIN 49.2%**  **FAT 30.34%**  **CARBS 20.46%**

Properties

Glycemic Index:16.13, Glycemic Load:3.71, Inflammation Score:-2, Nutrition Score:9.4156522025233%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 161.37kcal (8.07%), Fat: 5.39g (8.28%), Saturated Fat: 1.01g (6.3%), Carbohydrates: 8.17g (2.72%), Net Carbohydrates: 7.83g (2.85%), Sugar: 7.14g (7.93%), Cholesterol: 58.06mg (19.35%), Sodium: 333.29mg (14.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.65g (39.29%), Vitamin B3: 9.57mg (47.85%), Selenium: 31.43µg (44.89%), Vitamin B6: 0.69mg (34.65%), Phosphorus: 199.39mg (19.94%), Vitamin B5: 1.33mg (13.26%), Potassium: 359.37mg (10.27%), Magnesium: 27.54mg (6.88%), Vitamin B2: 0.1mg (6.1%), Vitamin B1: 0.07mg (4.78%), Vitamin E: 0.64mg (4.27%), Zinc: 0.6mg (3.98%), Vitamin B12: 0.2µg (3.27%), Manganese: 0.06mg (3.09%), Vitamin C: 2.52mg (3.06%), Iron: 0.5mg (2.75%), Copper: 0.04mg (2.06%), Folate: 5.47µg (1.37%), Fiber: 0.34g (1.35%), Calcium: 11.22mg (1.12%)