



Greek Island Chicken Shish Kebabs



Gluten Free



Dairy Free

READY IN



150 min.

SERVINGS



6

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 cherry tomatoes
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 12 mushrooms fresh
- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 cup juice of lemon
- ☐ 0.3 cup olive oil

- ☐ 1 large onion separated quartered
- ☐ 1 teaspoon oregano dried
- ☐ 2 large bell peppers green red cut into 1-inch pieces
- ☐ 0.3 teaspoon salt
- ☐ 2 pounds chicken breast boneless skinless cut into 1 1/2-inch pieces
- ☐ 0.3 cup vinegar white

Equipment

- ☐ bowl
- ☐ whisk
- ☐ plastic wrap
- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Whisk the olive oil, lemon juice, vinegar, garlic, cumin, oregano, thyme, salt, and black pepper together in a large glass or ceramic bowl.
- ☐ Add the chicken and toss to evenly coat. Cover the bowl with plastic wrap; marinate in the refrigerator for at least 2 hours.
- ☐ Soak wooden skewers in water for about 30 minutes before use.
- ☐ Preheat an outdoor grill for medium-high heat; lightly oil the grate.
- ☐ Remove the chicken from the marinade and shake off excess liquid. Discard the remaining marinade. Alternately thread pieces of the marinated chicken with pieces of bell pepper, onion, cherry tomatoes, and mushrooms onto the skewers.
- ☐ Cook the skewers on the preheated grill, turning frequently until nicely browned on all sides, and the chicken is no longer pink in the center, about 10 minutes.

Nutrition Facts



 **PROTEIN 46.98%**  **FAT 40.72%**  **CARBS 12.3%**

Properties

Glycemic Index:31.83, Glycemic Load:1.08, Inflammation Score:-8, Nutrition Score:24.098695983057%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.59mg, Luteolin: 2.59mg, Luteolin: 2.59mg, Luteolin: 2.59mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.58mg, Quercetin: 6.58mg, Quercetin: 6.58mg, Quercetin: 6.58mg

Nutrients (% of daily need)

Calories: 295.99kcal (14.8%), Fat: 13.33g (20.51%), Saturated Fat: 2.19g (13.66%), Carbohydrates: 9.06g (3.02%), Net Carbohydrates: 6.79g (2.47%), Sugar: 4.3g (4.78%), Cholesterol: 96.77mg (32.26%), Sodium: 282.03mg (12.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.61g (69.22%), Vitamin B3: 17.74mg (88.69%), Selenium: 52.64µg (75.21%), Vitamin C: 60.53mg (73.37%), Vitamin B6: 1.38mg (68.8%), Phosphorus: 384.84mg (38.48%), Vitamin B5: 2.91mg (29.06%), Potassium: 919.67mg (26.28%), Vitamin B2: 0.35mg (20.44%), Magnesium: 57.35mg (14.34%), Vitamin E: 2.08mg (13.87%), Vitamin K: 14.49µg (13.8%), Vitamin B1: 0.19mg (12.78%), Copper: 0.25mg (12.58%), Manganese: 0.25mg (12.25%), Iron: 1.76mg (9.8%), Fiber: 2.27g (9.09%), Zinc: 1.3mg (8.63%), Vitamin A: 428.61IU (8.57%), Folate: 30.61µg (7.65%), Vitamin B12: 0.32µg (5.31%), Calcium: 37.29mg (3.73%), Vitamin D: 0.23µg (1.54%)