



Greek-Style Skewers



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 garlic cloves
- ☐ 1 optional: lemon
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.3 cup oregano leaves fresh
- ☐ 0.8 teaspoon salt divided
- ☐ 1 pound chicken breasts boneless skinless cut into 32 cubes

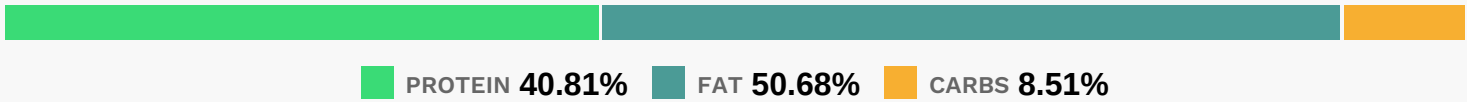
Equipment

- ☐ food processor
- ☐ grill
- ☐ skewers

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Thread 4 chicken cubes alternately with 3 tomatoes, if desired, onto each of 8 (12-inch) skewers.
- ☐ Sprinkle skewers with 1/2 teaspoon salt and pepper; coat with cooking spray.
- ☐ Place skewers on a grill rack coated with cooking spray; grill 3 minutes. Turn skewers over; grill 2 minutes or until chicken is done.
- ☐ Grate 1 1/2 teaspoons rind from 1 end of lemon; cut lemon in half, crosswise.
- ☐ Cut ungrated lemon half into quarters; reserve remaining lemon half for another use.
- ☐ Combine the remaining 1/4 teaspoon salt, lemon rind, garlic, and oregano in a food processor; process until finely ground, scraping sides. With motor running, slowly drizzle oil through the food chute; process until well blended.
- ☐ Brush oregano mixture over skewers; serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:23.13, Glycemic Load:0.64, Inflammation Score:-10, Nutrition Score:15.330434742181%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 240.42kcal (12.02%), Fat: 13.66g (21.01%), Saturated Fat: 2.15g (13.45%), Carbohydrates: 5.16g (1.72%), Net Carbohydrates: 3.07g (1.12%), Sugar: 0.81g (0.9%), Cholesterol: 72.57mg (24.19%), Sodium: 569.35mg (24.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.75g (49.5%), Vitamin B3: 12.01mg (60.03%), Selenium: 36.75µg (52.5%), Vitamin B6: 0.92mg (46.06%), Phosphorus: 249.39mg (24.94%), Vitamin K: 25.43µg (24.22%), Vitamin C: 16.21mg (19.65%), Vitamin B5: 1.71mg (17.06%), Vitamin E: 2.32mg (15.46%), Potassium: 502.5mg (14.36%), Manganese: 0.22mg (10.85%), Magnesium: 40.34mg (10.09%), Iron: 1.79mg (9.92%), Fiber: 2.09g (8.38%), Vitamin B2: 0.14mg (8.03%), Calcium: 64.24mg (6.42%), Vitamin B1: 0.09mg (6.12%), Zinc: 0.77mg (5.16%), Vitamin B12: 0.23µg (3.78%), Folate: 14.68µg (3.67%), Copper: 0.07mg (3.3%), Vitamin A: 91.81IU (1.84%)