



Grilled Barbecue Chicken Kabobs

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup barbecue sauce
- 0.3 cup orange marmalade
- 1 lb chicken breast boneless skinless cut into 3/4-inch pieces
- 0.5 medium onion red cut into 1-inch chunks
- 1 medium bell pepper red cut into 1-inch chunks
- 2 tablespoons vegetable oil
- 1 teaspoon lawry's seasoned salt

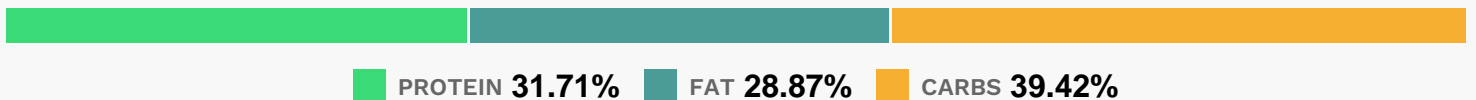
Equipment

- bowl
- grill
- microwave
- skewers
- metal skewers

Directions

- Heat gas or charcoal grill. In small microwavable bowl, mix barbecue sauce and marmalade.
- Remove 1/4 cup of the sauce mixture to small dish; set aside.
- On each of 4 (11-inch) metal skewers, thread chicken pieces, leaving 1/4-inch space between each piece. On 4 additional skewers, thread onion and bell pepper chunks, leaving 1/4-inch space between each piece.
- Brush chicken and vegetables with oil; sprinkle with seasoned salt.
- Place kabobs on grill over medium heat. Cover grill; cook 10 to 15 minutes, turning kabobs 2 or 3 times and brushing chicken and vegetables with reserved 1/4 cup sauce mixture during last 5 to 8 minutes of grilling, until chicken is no longer pink in center.
- Microwave remaining barbecue sauce mixture uncovered on High 20 to 30 seconds or until thoroughly heated.
- Serve sauce with kabobs.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.66, Inflammation Score:-7, Nutrition Score:16.791739225388%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 313.31kcal (15.67%), Fat: 10.07g (15.48%), Saturated Fat: 1.72g (10.75%), Carbohydrates: 30.92g (10.31%), Net Carbohydrates: 29.6g (10.77%), Sugar: 25.7g (28.56%), Cholesterol: 72.57mg (24.19%), Sodium: 1094.08mg (47.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.87g (49.75%), Vitamin B3: 12.36mg (61.79%), Selenium: 36.97µg (52.82%), Vitamin C: 41.63mg (50.46%), Vitamin B6: 0.98mg (49.15%), Phosphorus: 257.81mg (25.78%), Vitamin A: 1058.25IU (21.16%), Vitamin B5: 1.79mg (17.89%), Potassium: 592.88mg (16.94%), Vitamin K: 14.89µg (14.18%), Vitamin E: 1.54mg (10.28%), Magnesium: 39.49mg (9.87%), Vitamin B2: 0.17mg (9.85%), Vitamin B1: 0.1mg (6.95%), Manganese: 0.12mg (5.93%), Folate: 23.35µg (5.84%), Zinc: 0.83mg (5.5%), Fiber: 1.32g (5.28%), Iron: 0.84mg (4.67%), Copper: 0.09mg (4.26%), Vitamin B12: 0.23µg (3.78%), Calcium: 30.67mg (3.07%)