



## Grilled Buffalo Chicken Kabobs Salad

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



283 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 pound chicken breast boneless skinless cut into 24 cubes
- 1.5 cups baby potatoes refrigerated
- 24 pieces celery (1 inch)
- 2 tablespoons vegetable oil
- 1 teaspoon sauce of the chicken from the turbo broiler
- 0.5 teaspoon pepper black red
- 0.5 teaspoon lawry's seasoned salt
- 6 cups the of 1 cos lettuce

- 0.5 cup carrots shredded
- 0.5 cup cheese dressing blue

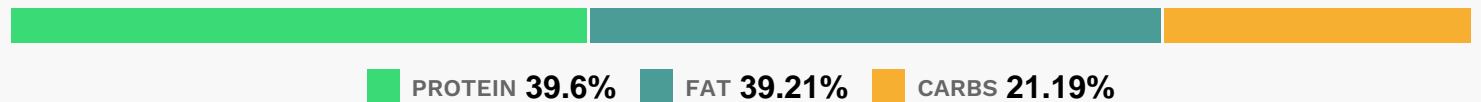
## Equipment

- grill
- metal skewers

## Directions

- Heat coals or gas grill for direct heat. Thread chicken, potatoes and celery alternately on each of eight 8- to 10-inch metal skewers, leaving 1/4-inch space between each piece.
- Mix oil and pepper sauce; brush over chicken and vegetables.
- Sprinkle with pepper blend and seasoned salt.
- Cover and grill kabobs 4 to 6 inches from medium heat 15 to 20 minutes, turning occasionally, until chicken is no longer pink in center and potatoes are tender.
- Arrange romaine and carrot on 4 individual serving plates. Top each with 2 kabobs.
- Serve with dressing.

## Nutrition Facts



## Properties

Glycemic Index:48.65, Glycemic Load:7.76, Inflammation Score:-10, Nutrition Score:25.995217375133%

## Flavonoids

Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

## Nutrients (% of daily need)

Calories: 283.03kcal (14.15%), Fat: 12.26g (18.86%), Saturated Fat: 2.52g (15.77%), Carbohydrates: 14.91g (4.97%), Net Carbohydrates: 11.58g (4.21%), Sugar: 2.98g (3.31%), Cholesterol: 72.88mg (24.29%), Sodium: 772.48mg (33.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.86g (55.71%), Vitamin A: 8877.88IU (177.56%), Vitamin K: 92µg (87.62%), Vitamin B3: 12.84mg (64.18%), Vitamin B6: 1.1mg (55.04%), Selenium: 37.28µg (53.26%),

Phosphorus: 324.2mg (32.42%), Folate: 115.58µg (28.89%), Potassium: 902.23mg (25.78%), Vitamin C: 16.48mg (19.98%), Vitamin B5: 1.94mg (19.44%), Magnesium: 57.45mg (14.36%), Manganese: 0.27mg (13.7%), Fiber: 3.33g (13.3%), Vitamin B2: 0.22mg (13.08%), Vitamin B1: 0.19mg (12.44%), Iron: 1.78mg (9.91%), Zinc: 1.11mg (7.4%), Calcium: 71.91mg (7.19%), Vitamin E: 1.07mg (7.13%), Copper: 0.14mg (7.06%), Vitamin B12: 0.3µg (4.95%)