



WHATSheATE



Grilled Buffalo Chicken Kabobs Salad



Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



300 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup cheese dressing blue
- ☐ 0.5 cup carrots shredded
- ☐ 24 pieces celery (1 inch)
- ☐ 0.5 teaspoon pepper black red
- ☐ 1 teaspoon hot sauce
- ☐ 1.5 cups potatoes refrigerated
- ☐ 6 cups the of 1 cos lettuce
- ☐ 0.5 teaspoon lawry's seasoned salt

- ☐ 1 pound chicken breast boneless skinless cut into 24 cubes
- ☐ 2 tablespoons vegetable oil

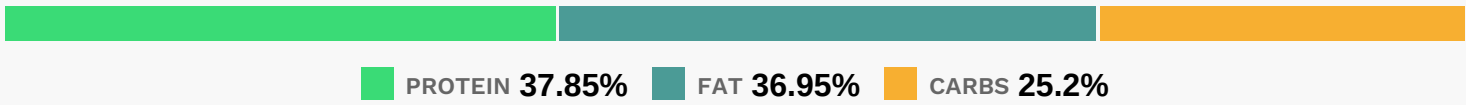
Equipment

- ☐ 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:10.64, Inflammation Score:-10, Nutrition Score:27.15869560449%

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: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 300.46kcal (15.02%), Fat: 12.28g (18.9%), Saturated Fat: 2.53g (15.81%), Carbohydrates: 18.85g (6.28%), Net Carbohydrates: 15.03g (5.47%), Sugar: 3.17g (3.52%), Cholesterol: 72.88mg (24.29%), Sodium: 762.48mg (33.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.32g (56.63%), Vitamin A: 8879.95IU (177.6%), Vitamin K: 92.45µg (88.05%), Vitamin B3: 13.08mg (65.38%), Vitamin B6: 1.17mg (58.44%), Selenium: 37.35µg

(53.36%), Phosphorus: 337.14mg (33.71%), Folate: 119.24µg (29.81%), Potassium: 998.4mg (28.53%), Vitamin C: 21.66mg (26.26%), Vitamin B5: 2.01mg (20.12%), Magnesium: 62.67mg (15.67%), Manganese: 0.31mg (15.45%), Fiber: 3.82g (15.29%), Vitamin B1: 0.2mg (13.66%), Vitamin B2: 0.23mg (13.55%), Iron: 1.96mg (10.91%), Copper: 0.17mg (8.28%), Zinc: 1.18mg (7.84%), Calcium: 74.69mg (7.47%), Vitamin E: 1.07mg (7.16%), Vitamin B12: 0.3µg (4.95%)