



Grilled Chicken and Peach Kebab Salad

 Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



263 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10 ounce baby arugula loosely packed (3 qts. very)
- ☐ 0.3 cup chives chopped
- ☐ 2 teaspoons dijon mustard
- ☐ 0.5 cup flat parsley
- ☐ 2 teaspoons garlic minced
- ☐ 1 teaspoon kosher salt
- ☐ 1 cup yogurt plain low-fat
- ☐ 0.3 cup mayonnaise

- ☐ 2 lbs peaches peeled cut into 8 wedges
- ☐ 1 teaspoon pepper
- ☐ 0.3 cup onion red thinly sliced
- ☐ 8 servings the dressing
- ☐ 2 pounds chicken breast halves cut into 1-in. chunks (4 to 6)
- ☐ 8 servings frangelico
- ☐ 8 servings frangelico

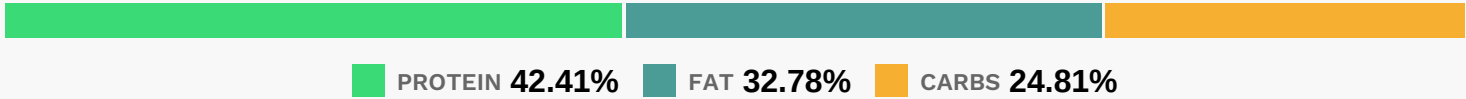
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ grill
- ☐ spatula
- ☐ skewers
- ☐ tongs

Directions

- ☐ Whisk ingredients together in a small bowl.
- ☐ Marinate chicken: Put meat and 1/2 cup dressing in a medium bowl; let sit 30 minutes at room temperature. If using bamboo skewers, soak in water 30 minutes.
- ☐ Add enough water (2 to 4 tbsp.) to the rest of the dressing to thin slightly, then chill. Prepare a grill for medium heat (350 to 450).
- ☐ Assemble kebabs: Thread 1 peach wedge and 2 chicken chunks onto a skewer. Repeat, then add a final peach wedge. Thread remaining skewers the same way.
- ☐ Cook meat: Oil cooking grate, using tongs and a wad of oiled paper towels. Grill kebabs, covered, until browned and chicken is cooked through, about 12 minutes, turning once with a spatula.
- ☐ Make salad: Arrange arugula on plates and sprinkle with onion and parsley.
- ☐ Lay a kebab next to each salad and serve with remaining dressing.

Nutrition Facts



Properties

Glycemic Index:40.03, Glycemic Load:4.43, Inflammation Score:-9, Nutrition Score:23.477391434752%

Flavonoids

Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg Kaempferol: 12.83mg, Kaempferol: 12.83mg, Kaempferol: 12.83mg, Kaempferol: 12.83mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg

Nutrients (% of daily need)

Calories: 262.93kcal (13.15%), Fat: 9.63g (14.82%), Saturated Fat: 1.89g (11.81%), Carbohydrates: 16.4g (5.47%), Net Carbohydrates: 13.76g (5%), Sugar: 12.94g (14.38%), Cholesterol: 77.76mg (25.92%), Sodium: 537.19mg (23.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.04g (56.08%), Vitamin K: 119.01µg (113.34%), Vitamin B3: 12.96mg (64.82%), Selenium: 40.58µg (57.97%), Vitamin B6: 0.94mg (47.06%), Phosphorus: 334.74mg (33.47%), Vitamin A: 1638.15IU (32.76%), Potassium: 802.13mg (22.92%), Vitamin B5: 2.18mg (21.76%), Vitamin C: 17.9mg (21.7%), Magnesium: 64.64mg (16.16%), Vitamin B2: 0.25mg (15%), Folate: 57.59µg (14.4%), Manganese: 0.27mg (13.51%), Calcium: 134.51mg (13.45%), Fiber: 2.64g (10.56%), Vitamin E: 1.5mg (10.03%), Zinc: 1.45mg (9.64%), Iron: 1.69mg (9.37%), Vitamin B1: 0.14mg (9.37%), Copper: 0.17mg (8.39%), Vitamin B12: 0.41µg (6.79%)