



Grilled Chicken and Shrimp Kebabs with Lemon and Garlic



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings baby lettuces
- ☐ 12 chicken tenderloins
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 tablespoons lemon zest finely grated
- ☐ 0.7 cup olive oil
- ☐ 24 large shrimp frozen thawed deveined uncooked unpeeled (if)

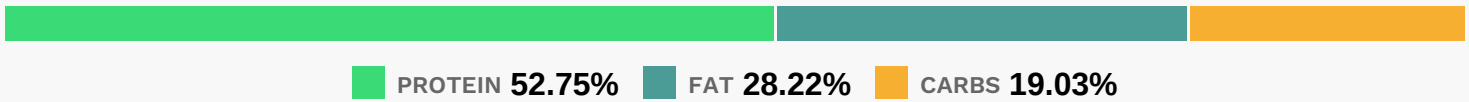
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ grill
- ☐ skewers
- ☐ metal skewers

Directions

- ☐ Thread 4 shrimp on each of 6 metal skewers; place on rimmed baking sheet. Loosely thread 2 chicken tenders on each of 6 metal skewers; place on another rimmed baking sheet.
- ☐ Whisk lemon juice, lemon peel, and garlic in medium bowl; slowly whisk in oil. Season marinade with salt and pepper.
- ☐ Pour marinade over skewers, dividing equally.
- ☐ Prepare barbecue (medium-high heat). Arrange lettuces on large platter. Grill chicken until cooked through, about 5 minutes per side. Grill shrimp until pink on outside and opaque in center, about 4 minutes per side.
- ☐ Remove kebabs from grill; place atop lettuce.
- ☐ Serve with Tomato-Avocado Salsaand Chipotle Aioli.

Nutrition Facts



Properties

Glycemic Index:12.39, Glycemic Load:2.89, Inflammation Score:-7, Nutrition Score:19.650869636432%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg

0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 254.57kcal (12.73%), Fat: 7.93g (12.2%), Saturated Fat: 1.33g (8.3%), Carbohydrates: 12.03g (4.01%), Net Carbohydrates: 7.62g (2.77%), Sugar: 4.55g (5.05%), Cholesterol: 128.4mg (42.8%), Sodium: 167.75mg (7.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.34g (66.68%), Vitamin B3: 11.97mg (59.86%), Selenium: 33.47µg (47.82%), Vitamin C: 38.34mg (46.47%), Vitamin B6: 0.89mg (44.68%), Phosphorus: 376.75mg (37.68%), Vitamin K: 21.09µg (20.08%), Potassium: 673.72mg (19.25%), Fiber: 4.41g (17.62%), Vitamin B1: 0.26mg (17.55%), Manganese: 0.34mg (17.19%), Magnesium: 65.29mg (16.32%), Copper: 0.32mg (15.9%), Vitamin B5: 1.53mg (15.3%), Zinc: 2.04mg (13.59%), Folate: 54.13µg (13.53%), Vitamin B2: 0.2mg (11.79%), Vitamin A: 586.53IU (11.73%), Iron: 1.71mg (9.52%), Vitamin E: 1mg (6.68%), Calcium: 54.08mg (5.41%), Vitamin B12: 0.2µg (3.33%)