



Grilled Chicken Kabobs with Thai Peanut Sauce

 Gluten Free  Dairy Free  Low Fod Map

READY IN



25 min.

SERVINGS



6

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup creamy peanut butter
- 0.5 cup soy sauce reduced-sodium
- 0.3 teaspoon hot sauce red
- 1 large bell pepper red cut into 24 pieces
- 0.3 cup rice vinegar
- 2 lb chicken breast boneless skinless cut lengthwise into 4 strips
- 0.3 cup sugar

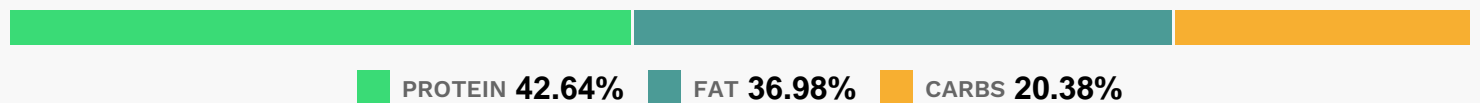
Equipment

- bowl
- sauce pan
- grill
- metal skewers

Directions

- Heat gas or charcoal grill. In 2-quart saucepan, mix peanut butter, soy sauce and vinegar until smooth. Stir in sugar and pepper sauce. Cook over medium-high heat about 2 minutes, stirring constantly, until thickened.
- Place 3/4 cup sauce in small serving bowl to use as dipping sauce.
- On each of 6 (12-inch) metal skewers, thread 4 chicken strips and 4 bell pepper pieces alternately, leaving about 1/4-inch space between each piece.
- Brush chicken and bell pepper with some of the remaining sauce.
- Spray kabobs with cooking spray to prevent sticking.
- Place kabobs on grill over medium heat. Cover grill; cook 5 minutes. Turn kabobs and brush with sauce; cook 2 to 3 minutes longer or until chicken is no longer pink in center. Discard any remaining sauce used for brushing kabobs during grilling.
- Serve kabobs with reserved sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:27.68, Glycemic Load:8.63, Inflammation Score:-8, Nutrition Score:23.222608301951%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 364.65kcal (18.23%), Fat: 15.08g (23.21%), Saturated Fat: 3.05g (19.08%), Carbohydrates: 18.7g (6.23%), Net Carbohydrates: 16.95g (6.16%), Sugar: 14.61g (16.23%), Cholesterol: 96.77mg (32.26%), Sodium: 1038.45mg (45.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.13g (78.26%), Vitamin B3: 19.14mg (95.7%), Selenium: 49.52µg (70.74%), Vitamin B6: 1.34mg (67.09%), Vitamin C: 36.93mg (44.76%), Phosphorus: 433.22mg (43.32%), Vitamin B5: 2.54mg (25.37%), Magnesium: 93.7mg (23.43%), Manganese: 0.47mg (23.25%), Potassium: 813.84mg (23.25%), Vitamin E: 2.77mg (18.43%), Vitamin A: 901.44IU (18.03%), Vitamin B2: 0.27mg (15.81%), Folate: 46.47µg (11.62%), Zinc: 1.66mg (11.08%), Vitamin B1: 0.15mg (9.98%), Iron: 1.35mg (7.47%), Copper: 0.15mg (7.38%), Fiber: 1.76g (7.02%), Vitamin B12: 0.3µg (5.04%), Calcium: 27.15mg (2.71%), Vitamin K: 1.71µg (1.63%), Vitamin D: 0.15µg (1.01%)