



Grilled Chicken Kebabs with Romesco Sauce

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 teaspoon kosher salt
- 1 slice top toasted cut into cubes
- 0.5 cup cilantro leaves fresh chopped
- 2 teaspoons garlic minced
- 2 bunches spring onion ends trimmed
- 2 tablespoons juice of lime fresh
- 0.5 cup olive oil extra virgin extra-virgin divided

- 1 teaspoon paprika smoked spanish (pimenton; see Notes)
- 0.8 cup roasted peppers fresh red canned peeled (or)
- 1 tablespoon sherry vinegar
- 0.3 cup almonds whole toasted
- 2 pounds chicken breast cut into 1 1/2-in. cubes
- 8 frangelico
- 8 frangelico

Equipment

- food processor
- bowl
- grill
- ziploc bags
- skewers
- wooden skewers

Directions

- If using wood skewers, soak in cold water at least 30 minutes before using. In a large bowl or resealable plastic bag, combine chicken, cilantro, 3 tbsp. olive oil, lime juice, 2 tsp. garlic, salt, smoked paprika, and pepper. Toss to coat, then marinate, chilled, 25 minutes.
- Meanwhile, put roasted peppers, nuts, bread, vinegar, remaining 1 tbsp. minced garlic, and 1/4 cup olive oil in food processor and whirl until pured; sauce will be thick.
- Preheat a gas or charcoal grill to medium-high (you can hold your hand 1 to 2 in. above cooking grate only 3 to 4 seconds). Thread chicken onto skewers, discarding marinade.
- Drizzle green onions with remaining 1 tbsp. olive oil.
- Lay skewers on grill (cover if using gas) and cook 4 minutes. Turn skewers over, then lay green onions on grill. Cook 4 minutes, until chicken is browned and cooked through and onions are charred in places.
- Serve hot, accompanied by sauce.

Nutrition Facts

PROTEIN 50.96% FAT 35.66% CARBS 13.38%

Properties

Glycemic Index:57.88, Glycemic Load:6.86, Inflammation Score:-8, Nutrition Score:29.406521869742%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 417.44kcal (20.87%), Fat: 16.32g (25.11%), Saturated Fat: 2.49g (15.55%), Carbohydrates: 13.78g (4.59%), Net Carbohydrates: 11.33g (4.12%), Sugar: 1.62g (1.8%), Cholesterol: 145.15mg (48.38%), Sodium: 1304.27mg (56.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.47g (104.94%), Vitamin B3: 25.05mg (125.27%), Selenium: 77.95µg (111.36%), Vitamin B6: 1.82mg (90.9%), Phosphorus: 552.32mg (55.23%), Vitamin K: 35.74µg (34.04%), Vitamin B5: 3.39mg (33.92%), Potassium: 1036.39mg (29.61%), Vitamin E: 3.81mg (25.41%), Vitamin B2: 0.43mg (25.12%), Vitamin C: 20.47mg (24.81%), Magnesium: 96.48mg (24.12%), Manganese: 0.46mg (23.06%), Vitamin B1: 0.3mg (19.89%), Vitamin A: 710.75IU (14.22%), Iron: 2.43mg (13.52%), Zinc: 1.92mg (12.77%), Copper: 0.24mg (12.02%), Folate: 46.89µg (11.72%), Fiber: 2.45g (9.81%), Vitamin B12: 0.45µg (7.56%), Calcium: 71.1mg (7.11%), Vitamin D: 0.23µg (1.51%)