



Grilled Chicken, Red Onion, and Mint Kebabs with Greek Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon mint dried
- ☐ 1 bunch mint leaves fresh
- ☐ 4 garlic clove crushed
- ☐ 1 teaspoon pepper black
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 4 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 teaspoon oregano dried

- ☐ 1 onion red cut into 1-inch pieces
- ☐ 4 servings the salad
- ☐ 1 teaspoon salt
- ☐ 1.5 pounds chicken breast halves boneless skinless cut into 1-inch pieces

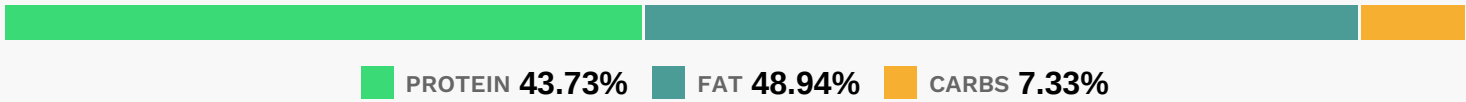
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ skewers

Directions

- ☐ Mix chicken, 2 tablespoons oil, garlic, mint, oregano, salt, and pepper in medium bowl.
- ☐ Let marinate 30 minutes.
- ☐ Whisk remaining 2 tablespoons oil and lemon juice in small bowl to blend.
- ☐ Prepare barbecue (medium-high heat). Pull off large mint leaves from stems. Alternate chicken, onion, and mint leaves on skewers; sprinkle with salt and pepper. Grill until chicken is just cooked through, turning and basting occasionally with oil-lemon mixture, about 9 minutes.
- ☐ Serve Greek Salad alongside.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.91, Inflammation Score:-8, Nutrition Score:20.920434925867%

Flavonoids

Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg

1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 344.83kcal (17.24%), Fat: 18.55g (28.54%), Saturated Fat: 2.94g (18.36%), Carbohydrates: 6.25g (2.08%), Net Carbohydrates: 5.24g (1.9%), Sugar: 1.41g (1.57%), Cholesterol: 108.86mg (36.29%), Sodium: 792.01mg (34.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.29g (74.58%), Vitamin B3: 18.08mg (90.38%), Selenium: 55.21µg (78.87%), Vitamin B6: 1.39mg (69.54%), Phosphorus: 388.57mg (38.86%), Vitamin B5: 2.55mg (25.5%), Potassium: 779.36mg (22.27%), Vitamin C: 17.52mg (21.24%), Vitamin E: 2.45mg (16.37%), Manganese: 0.29mg (14.36%), Magnesium: 56.35mg (14.09%), Vitamin B2: 0.21mg (12.35%), Vitamin K: 12.86µg (12.24%), Vitamin A: 573.64IU (11.47%), Vitamin B1: 0.14mg (9.59%), Iron: 1.47mg (8.18%), Zinc: 1.19mg (7.94%), Folate: 31.49µg (7.87%), Vitamin B12: 0.34µg (5.67%), Copper: 0.1mg (5.12%), Calcium: 40.9mg (4.09%), Fiber: 1.01g (4.04%), Vitamin D: 0.17µg (1.13%)