



Grilled Chicken Skewers



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



8

CALORIES



189 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup olive oil
- ☐ 8 servings salt and pepper
- ☐ 2 pounds chicken breast boneless skinless cut into 2-inch chunks

Equipment

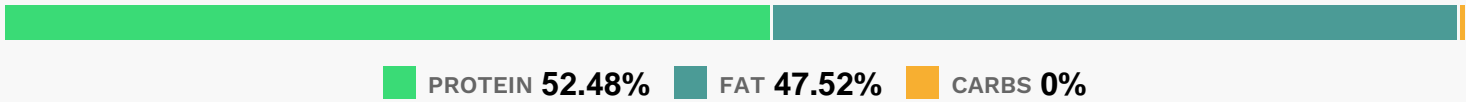
- ☐ paper towels
- ☐ plastic wrap
- ☐ grill
- ☐ skewers

☐ tongs

Directions

- ☐ Soak a package of bamboo skewers in warm water for 20 to 30 minutes; drain. Preheat grill to medium-high.
- ☐ Thread 3 pieces of chicken on each skewer.
- ☐ Brush chicken with olive oil and sprinkle with salt and pepper. Douse a paper towel with vegetable oil and, holding it with tongs, carefully oil grill grate (or, away from heat, mist grill grate generously with nonstick cooking spray). Arrange chicken skewers on grill so that they are not touching. Cover grill. Grill chicken until cooked through, 6 to 8 minutes, turning once.
- ☐ Serve hot or at room temperature. Or let them cool, cover with plastic wrap and refrigerate to serve later.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:11.054347820904%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 188.94kcal (9.45%), Fat: 9.69g (14.9%), Saturated Fat: 1.57g (9.84%), Carbohydrates: 0g (0%), Net Carbohydrates: 0g (0%), Sugar: 0g (0%), Cholesterol: 72.57mg (24.19%), Sodium: 325.47mg (14.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.07g (48.15%), Vitamin B3: 11.83mg (59.14%), Selenium: 36.29µg (51.84%), Vitamin B6: 0.85mg (42.47%), Phosphorus: 238.14mg (23.81%), Vitamin B5: 1.62mg (16.16%), Potassium: 419.68mg (11.99%), Vitamin E: 1.19mg (7.92%), Magnesium: 29.49mg (7.37%), Vitamin B2: 0.11mg (6.67%), Vitamin B1: 0.07mg (4.84%), Zinc: 0.66mg (4.39%), Vitamin K: 4.29µg (4.09%), Vitamin B12: 0.23µg (3.78%), Iron: 0.46mg (2.55%), Vitamin C: 1.36mg (1.65%), Copper: 0.03mg (1.54%), Folate: 4.54µg (1.13%)