



Grilled Chicken Spiedies

 Dairy Free

READY IN



27 min.

SERVINGS



6

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon basil dried
- ☐ 0.5 cup mint leaves fresh
- ☐ 6 cloves garlic
- ☐ 0.3 cup juice of lemon freshly squeezed
- ☐ 0.5 cup olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 teaspoon pepper flakes red

- ☐ 1 teaspoon salt
- ☐ 3 pounds chicken thighs boneless skinless cut into 3 pieces
- ☐ 6 hoagie buns italian-style
- ☐ 4 teaspoons sugar white
- ☐ 0.8 cup citrus champagne vinegar

Equipment

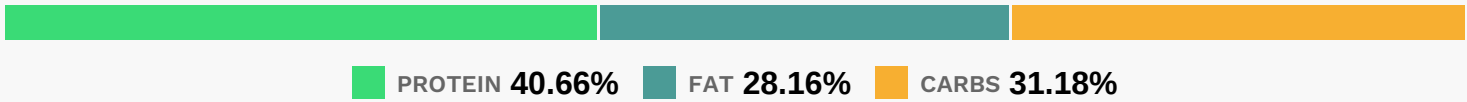
- ☐ sauce pan
- ☐ blender
- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ Combine vinegar, olive oil, lemon juice, mint, garlic, sugar, oregano, basil, salt, red pepper flakes, and black pepper in a blender. Puree until liquefied, about 30 seconds.
- ☐ Place chicken thighs in a large resealable plastic bag, pour in marinade and massage to coat. Squeeze out excess air and seal the bag. Marinate in the refrigerator for 24 hours, turning occasionally.
- ☐ Preheat an outdoor grill for high heat and lightly oil the grate.
- ☐ Remove chicken and place on the skewers. Season with salt.
- ☐ Pour the marinade into a small saucepan. Bring to a simmer and cook until reduced slightly, about 2 minutes.
- ☐ Place skewers on the preheated grill and cook for 5 to 6 minutes, turn and cook until the chicken is no longer pink in the center and the juices run clear, 5 to 6 more minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- ☐ Remove from grill and rest the meat for a few minutes.
- ☐ Toast hoagie rolls and spread each with some of the reserved marinade.

Place a skewer on each roll and carefully remove the skewer, leaving the chicken in the bun.

Nutrition Facts



Properties

Glycemic Index:35.02, Glycemic Load:25.13, Inflammation Score:-6, Nutrition Score:22.823478159697%

Flavonoids

Eriodictyol: 1.66mg, Eriodictyol: 1.66mg, Eriodictyol: 1.66mg, Eriodictyol: 1.66mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 502.39kcal (25.12%), Fat: 15.26g (23.47%), Saturated Fat: 2.86g (17.9%), Carbohydrates: 38.01g (12.67%), Net Carbohydrates: 36.24g (13.18%), Sugar: 7.31g (8.12%), Cholesterol: 215.46mg (71.82%), Sodium: 889.19mg (38.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.56g (99.13%), Selenium: 51.77µg (73.96%), Iron: 13.19mg (73.28%), Vitamin B3: 12.81mg (64.03%), Vitamin B6: 1.07mg (53.28%), Phosphorus: 436.35mg (43.64%), Vitamin B5: 2.77mg (27.74%), Vitamin B2: 0.42mg (24.84%), Vitamin B12: 1.45µg (24.19%), Zinc: 3.57mg (23.79%), Potassium: 625.36mg (17.87%), Magnesium: 60.35mg (15.09%), Vitamin B1: 0.22mg (14.46%), Vitamin K: 14.17µg (13.5%), Manganese: 0.2mg (10.18%), Copper: 0.16mg (8.15%), Vitamin C: 6.22mg (7.54%), Vitamin E: 1.09mg (7.26%), Fiber: 1.76g (7.05%), Vitamin A: 271.85IU (5.44%), Calcium: 54.39mg (5.44%), Folate: 16.85µg (4.21%)