



Grilled Chicken-Vegetable Kabobs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black divided freshly ground
- ☐ 1.5 pounds chicken breast cut into 1-inch pieces
- ☐ 0.5 cup bell pepper red
- ☐ 0.8 lb okra fresh
- ☐ 0.3 cup olive oil
- ☐ 1 medium size onion red cut into 8 wedges
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 0.7 cup red wine vinegar divided

- ☐ 1 teaspoon salt divided
- ☐ 2 medium size to 3 sized squashes yellow cut into 1-inch pieces
- ☐ 12 inch frangelico divided
- ☐ 12 inch frangelico divided

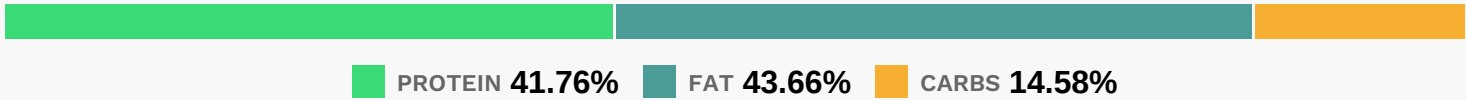
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ skewers

Directions

- ☐ Whisk together pepper jelly, red pepper, 1/3 cup red wine vinegar, and 1/2 tsp. each salt and pepper in a shallow dish or zip-top plastic freezer bag.
- ☐ Add chicken, turning to coat. Cover or seal, and chill 30 minutes, turning occasionally.
- ☐ Preheat grill to 350 to 400 (medium-high) heat. Thread onion pieces and next 2 ingredients alternately onto 5 skewers, leaving a 1/8-inch space between pieces.
- ☐ Place skewers in a shallow pan.
- ☐ Whisk together olive oil and remaining 1/3 cup vinegar, 1/2 tsp. salt, and 1/2 tsp. pepper.
- ☐ Pour over vegetables.
- ☐ Remove chicken from marinade, discarding marinade. Thread chicken onto remaining 3 skewers, leaving a 1/8-inch space between pieces.
- ☐ Grill kabobs, covered with grill lid, 6 to 8 minutes on each side or until chicken is done and vegetables are crisp-tender.

Nutrition Facts



Properties

Glycemic Index:25.83, Glycemic Load:1.82, Inflammation Score:-8, Nutrition Score:22.078695442366%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 15.64mg, Quercetin: 15.64mg, Quercetin: 15.64mg, Quercetin: 15.64mg

Nutrients (% of daily need)

Calories: 254.68kcal (12.73%), Fat: 12.24g (18.83%), Saturated Fat: 1.95g (12.19%), Carbohydrates: 9.2g (3.07%), Net Carbohydrates: 5.98g (2.18%), Sugar: 3.58g (3.98%), Cholesterol: 72.57mg (24.19%), Sodium: 529.37mg (23.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.34g (52.68%), Vitamin B3: 12.87mg (64.34%), Vitamin B6: 1.17mg (58.73%), Selenium: 36.95µg (52.79%), Vitamin C: 42.89mg (51.99%), Manganese: 0.67mg (33.64%), Phosphorus: 309mg (30.9%), Vitamin K: 26.67µg (25.4%), Potassium: 829.82mg (23.71%), Vitamin A: 986.32IU (19.73%), Magnesium: 78mg (19.5%), Vitamin B5: 1.92mg (19.23%), Folate: 66.78µg (16.69%), Vitamin B1: 0.23mg (15.54%), Vitamin B2: 0.26mg (15.12%), Vitamin E: 1.98mg (13.19%), Fiber: 3.22g (12.88%), Zinc: 1.25mg (8.37%), Iron: 1.31mg (7.29%), Copper: 0.14mg (7.16%), Calcium: 70.72mg (7.07%), Vitamin B12: 0.23µg (3.78%)