



Grilled Creole Chicken and Sausage Kabobs



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 baby potatoes cut into 4 wedges
- ☐ 1 pound chicken thighs boneless skinless cut into 1-inch pieces
- ☐ 0.5 pound andouille smoked fully cooked cut into 1/2-inch slices
- ☐ 1 medium bell pepper green cut into 1-inch pieces
- ☐ 0.5 cup chili sauce
- ☐ 1 tablespoon honey
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.5 teaspoon garlic

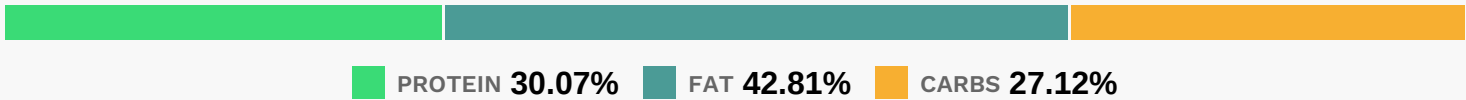
Equipment

- ☐ grill
- ☐ microwave
- ☐ metal skewers

Directions

- ☐ Heat coals or gas grill for direct heat.
- ☐ Place potato wedges in microwavable dish.
- ☐ Add 2 tablespoons water. Cover and microwave on High about 4 minutes, stirring once, just until potatoes begin to soften; drain.
- ☐ Thread potatoes, chicken, sausage and bell pepper alternately on each of six 12-inch metal skewers.
- ☐ Mix remaining ingredients.
- ☐ Cover and grill kabobs 4 to 6 inches from medium heat 15 to 20 minutes, turning kabobs 2 or 3 times and brushing with chili sauce mixture during last 5 to 8 minutes of grilling, until chicken is no longer pink.

Nutrition Facts



Properties

Glycemic Index:36.84, Glycemic Load:8.75, Inflammation Score:-5, Nutrition Score:13.875652105912%

Flavonoids

Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 282.94kcal (14.15%), Fat: 13.3g (20.47%), Saturated Fat: 4.3g (26.85%), Carbohydrates: 18.96g (6.32%), Net Carbohydrates: 16.81g (6.11%), Sugar: 6.81g (7.57%), Cholesterol: 98.66mg (32.89%), Sodium: 696.82mg (30.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.03g (42.06%), Vitamin C: 30.98mg (37.55%), Vitamin B6: 0.65mg (32.56%), Vitamin B3: 6.5mg (32.5%), Selenium: 22.52µg (32.17%), Phosphorus: 230.23mg

(23.02%), Potassium: 615.14mg (17.58%), Vitamin B12: 1.05µg (17.58%), Vitamin B1: 0.24mg (16.23%), Zinc: 2.18mg (14.57%), Vitamin B2: 0.24mg (14.11%), Vitamin B5: 1.26mg (12.63%), Magnesium: 39.92mg (9.98%), Iron: 1.72mg (9.54%), Fiber: 2.15g (8.6%), Copper: 0.17mg (8.55%), Manganese: 0.15mg (7.29%), Vitamin K: 5.91µg (5.63%), Vitamin A: 255.29IU (5.11%), Folate: 17.68µg (4.42%), Vitamin E: 0.65mg (4.35%), Vitamin D: 0.42µg (2.77%), Calcium: 24.04mg (2.4%)