



Grilled Greek Chicken Kabobs

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



8

CALORIES



200 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 optional: lemon halved
- 2 Tbsp real mayo mayonnaise kraft
- 1 onion red cut into thin wedges
- 1.5 lb chicken breasts boneless skinless cut into 1-inch pieces
- 0.5 cup greek vinaigrette dressing kraft

Equipment

- bowl
- grill

skewers

Directions

Mix dressing and mayo in medium bowl.

Add chicken; stir to evenly coat. Refrigerate 20 min. to marinate.

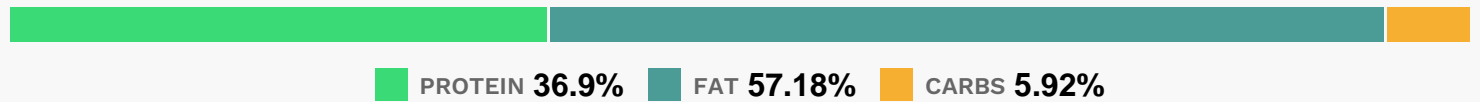
Heat grill to medium-high heat.

Remove chicken from marinade; discard marinade. Thread chicken and onions alternately onto 8 skewers.

Grill 8 to 10 min. or until chicken is done, turning occasionally. Meanwhile, place lemon, cut sides down, on grill grate next to kabobs; grill until heated through.

Place kabobs on plate. Squeeze lemon halves over kabobs.

Nutrition Facts



Properties

Glycemic Index:12.81, Glycemic Load:0.52, Inflammation Score:-3, Nutrition Score:10.076086894326%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 199.99kcal (10%), Fat: 12.67g (19.49%), Saturated Fat: 2.32g (14.49%), Carbohydrates: 2.95g (0.98%), Net Carbohydrates: 2.34g (0.85%), Sugar: 1.33g (1.48%), Cholesterol: 55.88mg (18.63%), Sodium: 121.54mg (5.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.39g (36.78%), Vitamin B3: 8.9mg (44.5%), Selenium: 27.67µg (39.53%), Vitamin B6: 0.66mg (33.23%), Vitamin K: 21.29µg (20.27%), Phosphorus: 185.47mg (18.55%), Vitamin B5: 1.26mg (12.6%), Vitamin C: 9.19mg (11.14%), Potassium: 355.32mg (10.15%), Vitamin E: 1.02mg (6.79%), Magnesium: 24.6mg (6.15%), Vitamin B2: 0.09mg (5.42%), Vitamin B1: 0.07mg (4.43%), Zinc: 0.53mg (3.53%), Vitamin B12: 0.17µg (2.9%), Fiber: 0.61g (2.45%), Iron: 0.43mg (2.4%), Folate: 7.67µg (1.92%), Manganese: 0.03mg (1.74%), Copper: 0.03mg (1.7%), Calcium: 11.2mg (1.12%)