



Grilled Jerk Chicken Kabobs



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



6

CALORIES



187 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup walkerswood jamaican jerk seasoning
- ☐ 0.5 medium onion separated cut into 12 wedges, into chunks
- ☐ 1 cup pineapple chunks fresh canned
- ☐ 2 medium bell pepper red cut into 12 wedges
- ☐ 1.3 lb chicken thighs boneless skinless cut into 1-inch cubes

Equipment

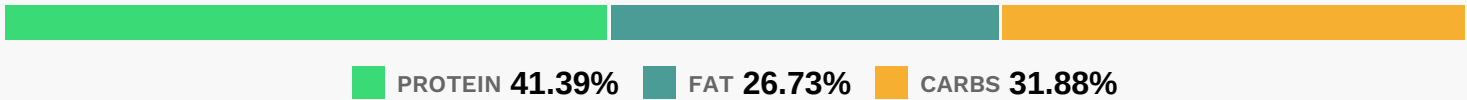
- ☐ grill
- ☐ ziploc bags

☐ metal skewers

Directions

- ☐ In shallow glass or plastic dish or resealable food-storage plastic bag, mix chicken and 1/4 cup of the jerk sauce. Cover dish or seal bag; refrigerate 1 hour to marinate, stirring occasionally.
- ☐ Heat gas or charcoal grill.
- ☐ Drain chicken; discard marinade. On each of 6 (15-inch) metal skewers, thread chicken, pineapple, bell peppers and onion alternately, leaving space between each piece.
- ☐ Brush vegetables with remaining jerk sauce.
- ☐ Place kabobs on grill over medium heat. Cover grill; cook about 15 minutes or until chicken is no longer pink in center and vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.69, Inflammation Score:-10, Nutrition Score:23.71695642886%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 187.16kcal (9.36%), Fat: 5.93g (9.13%), Saturated Fat: 1.33g (8.3%), Carbohydrates: 15.92g (5.31%), Net Carbohydrates: 9.84g (3.58%), Sugar: 8.62g (9.58%), Cholesterol: 89.77mg (29.92%), Sodium: 302.01mg (13.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.66g (41.33%), Vitamin A: 5181.67IU (103.63%), Vitamin C: 55.25mg (66.97%), Vitamin B6: 0.85mg (42.59%), Vitamin E: 5.82mg (38.8%), Vitamin B3: 7.31mg (36.57%), Selenium: 24.28µg (34.69%), Fiber: 6.08g (24.3%), Phosphorus: 231.88mg (23.19%), Vitamin B2: 0.34mg (19.72%), Iron: 3.33mg (18.5%), Potassium: 633.8mg (18.11%), Vitamin K: 18.89µg (17.99%), Manganese: 0.29mg (14.74%), Zinc: 2.16mg (14.37%), Vitamin B5: 1.39mg (13.88%), Magnesium: 52.91mg (13.23%), Vitamin B1: 0.18mg (12.25%), Copper: 0.24mg (11.84%), Vitamin B12: 0.6µg (10.08%), Folate: 29.42µg (7.36%), Calcium: 63.07mg (6.31%)