



Grilled Mediterranean Chicken Vegetable Kabobs

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup juice of lemon
- ☐ 3 tablespoons vegetable oil
- ☐ 2 teaspoons rosemary leaves dried fresh chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 4 cloves garlic finely chopped
- ☐ 1 lb chicken breast boneless skinless cut into 1 1/2 inch pieces

- ☐ 1 medium bell pepper red cut into 1-inch pieces
- ☐ 1 medium to 3 sized squashes yellow cut into 1-inch pieces
- ☐ 1 medium onion red cut into wedges
- ☐ 1 lb asparagus fresh
- ☐ 1 oz feta cheese crumbled

Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags
- ☐ metal skewers

Directions

- ☐ In shallow glass or plastic bowl, or resealable food-storage plastic bag, mix all marinade ingredients.
- ☐ Add chicken, stirring to coat with marinade. Cover dish or seal bag; refrigerate, stirring occasionally, at least 30 minutes but no longer than 6 hours.
- ☐ Heat coals or gas grill for direct heat.
- ☐ Remove chicken from marinade; reserve marinade. Thread chicken, bell pepper, zucchini and onion alternately on each of four 15-inch metal skewers, leaving about 1/4-inch space between each piece.
- ☐ Brush vegetables with marinade.
- ☐ Cover and grill kabobs over medium heat 10 to 15 minutes, turning and brushing frequently with marinade, until chicken is no longer pink in center.
- ☐ Add asparagus to grill for last 5 minutes of grilling, turning occasionally, until crisp-tender. Discard any remaining marinade.
- ☐ Sprinkle feta cheese over kabobs.
- ☐ Serve kabobs with asparagus.

Nutrition Facts



 **PROTEIN 38.33%**  **FAT 44.75%**  **CARBS 16.92%**

Properties

Glycemic Index:53, Glycemic Load:2.31, Inflammation Score:-9, Nutrition Score:28.756086761537%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 7.84mg, Isorhamnetin: 7.84mg, Isorhamnetin: 7.84mg, Isorhamnetin: 7.84mg Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 21.61mg, Quercetin: 21.61mg, Quercetin: 21.61mg, Quercetin: 21.61mg

Nutrients (% of daily need)

Calories: 295.68kcal (14.78%), Fat: 15.06g (23.17%), Saturated Fat: 3.25g (20.31%), Carbohydrates: 12.81g (4.27%), Net Carbohydrates: 8.65g (3.15%), Sugar: 6.04g (6.71%), Cholesterol: 78.88mg (26.29%), Sodium: 509.26mg (22.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.02g (58.05%), Vitamin C: 63mg (76.37%), Vitamin B3: 13.61mg (68.03%), Vitamin K: 69.58µg (66.27%), Vitamin B6: 1.25mg (62.69%), Selenium: 40.67µg (58.1%), Vitamin A: 1954.57IU (39.09%), Phosphorus: 361.36mg (36.14%), Potassium: 914.13mg (26.12%), Vitamin B2: 0.44mg (25.96%), Folate: 102.11µg (25.53%), Vitamin B5: 2.24mg (22.39%), Manganese: 0.42mg (21.09%), Vitamin B1: 0.31mg (20.51%), Vitamin E: 2.9mg (19.37%), Iron: 3.33mg (18.52%), Fiber: 4.16g (16.64%), Magnesium: 63.29mg (15.82%), Copper: 0.3mg (15.07%), Zinc: 1.78mg (11.88%), Calcium: 90.82mg (9.08%), Vitamin B12: 0.35µg (5.78%)