



Grilled Pizza Chicken Kabobs

 Gluten Free

READY IN



35 min.

SERVINGS



2

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 lb chicken breast uncooked (not breaded)
- 2 tablespoons salad dressing italian reduced-fat
- 0.5 package mushrooms fresh whole (8-oz size)
- 2 tablespoons parmesan cheese grated
- 0.3 cup tomato sauce (from 14-oz jar)
- 1 teaspoon spicy pizza seasoning
- 0.5 medium bell pepper red cut into 1-inch pieces (1/2 cup)

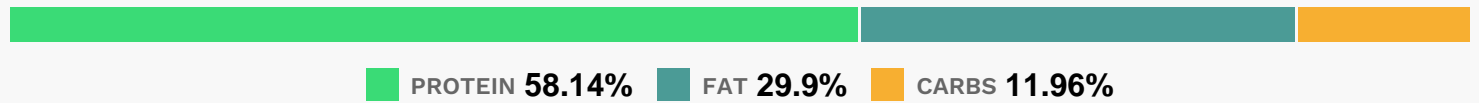
Equipment

- sauce pan
- grill
- metal skewers

Directions

- Heat gas or charcoal grill. On each of two 11-inch metal skewers, thread chicken, bell pepper and mushrooms alternately, leaving 1/2-inch space between each piece.
- Brush kabobs with dressing; sprinkle with pizza seasoning.
- Cover and grill kabobs over medium heat 9 to 11 minutes, turning once, until chicken is no longer pink in center.
- Sprinkle immediately with cheese.
- Meanwhile, in 1-quart saucepan, heat pizza sauce over low heat.
- Serve kabobs with warm sauce.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:1.32, Inflammation Score:-8, Nutrition Score:26.452608533528%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 278.73kcal (13.94%), Fat: 9.18g (14.12%), Saturated Fat: 2.23g (13.91%), Carbohydrates: 8.27g (2.76%), Net Carbohydrates: 6.19g (2.25%), Sugar: 5.01g (5.57%), Cholesterol: 113.21mg (37.74%), Sodium: 573.26mg (24.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.15g (80.29%), Vitamin B3: 20.44mg (102.22%), Selenium: 61.97µg (88.53%), Vitamin B6: 1.47mg (73.64%), Vitamin C: 43.53mg (52.76%), Phosphorus: 457.08mg (45.71%), Vitamin B5: 3.48mg (34.84%), Potassium: 996.32mg (28.47%), Vitamin B2: 0.47mg (27.35%), Vitamin A: 1180.41IU (23.61%), Vitamin K: 16.8µg (16%), Magnesium: 62.62mg (15.66%), Copper: 0.28mg (13.84%), Vitamin B1: 0.18mg (12.26%), Vitamin E: 1.75mg (11.7%), Zinc: 1.68mg (11.17%), Iron: 1.76mg (9.78%), Folate: 35.52µg (8.88%), Manganese: 0.18mg (8.83%), Fiber: 2.07g (8.3%), Calcium: 78.56mg (7.86%), Vitamin B12: 0.43µg (7.17%), Vitamin D: 0.31µg (2.05%)