

DINNER

Hawaiian Chicken Kebabs

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
30 min	20 min	10 min	4	\$3.04	496 kcal



Hawaiian Chicken Kebabs might be just the main course you are searching for. One portion of this dish contains roughly 36g of protein, 9g of fat, and a total of 496 calories. For \$3.04 per serving, this recipe covers 30% of your daily requirements of vitamins and minerals. This recipe serves 4.

Ingredients

- ☐ 3 tablespoons apple cider vinegar
- ☐ 4 small Hawaiian sweet rolls
- ☐ ¾ cup ketchup
- ☐ 1 small red or orange bell pepper, cut into chunks
- ☐ 8 ounce water chestnuts, drained and rinsed (optional) canned
- ☐ 1½ tablespoons honey
- ☐ 4 servings Kosher salt and freshly ground pepper
- ☐ 4 cups chopped pineapple (about ¾ pineapple)

- ☐ 1¼ pounds skinless, boneless chicken breasts, cut into 1 1/4-inch pieces
- ☐ 3 tablespoons soy sauce or teriyaki sauce
- ☐ 1 tablespoon vegetable oil, plus more for brushing

EQUIPMENT Bowl, Baking sheet, Whisk, Aluminum foil, Broiler, Skewers, Wooden skewers

Method

- 1 Preheat the broiler. Soak 8 long wooden skewers in water, 15 minutes. Line a baking sheet with foil and brush lightly with vegetable oil.
- 2 Meanwhile, whisk the ketchup, soy sauce, vinegar and honey in a medium bowl.
- 3 Transfer half of the sauce to a separate bowl and set aside for dipping. Toss the chicken, water chestnuts, pineapple, bell pepper and 1 tablespoon vegetable oil in a large bowl; sprinkle with 1/2 teaspoon salt and a few grinds of pepper. Thread onto the skewers, alternating the ingredients.
- 4 Transfer to the prepared baking sheet.
- 5 Brush the kebabs with some of the remaining sauce and broil until they start browning, about 4 minutes; flip, brush with more sauce and continue broiling until the chicken is golden and cooked through, about 3 more minutes.
- 6 Serve with the reserved sauce and rolls.
- 7 Photograph by Paul Sirisalee

Nutrition per serving

496	36 g	9 g	69 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2.4 g · 15% of daily needs
Fibre			5.1 g · 20% of daily needs
Sugar			41.2 g · 46% of daily needs
Sodium			1,377 mg · 60% of daily needs
Cholesterol			101 mg · 34% of daily needs
Vitamin C			107 mg · 130% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/hawaiian-chicken-kebabs-148473