



Hoisin Chicken Kabobs



Gluten Free



Dairy Free

READY IN



24 min.

SERVINGS



4

CALORIES



177 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 clove garlic minced
- ☐ 4 large green onions
- ☐ 0.3 cup hoisin sauce
- ☐ 1 tablespoon rice vinegar
- ☐ 1 pound skinned cut into 1-inch pieces

Equipment

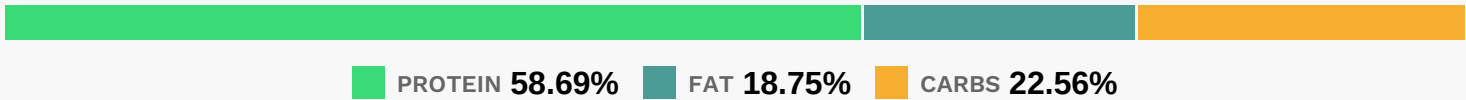
- ☐ oven
- ☐ ziploc bags

- ☐ broiler pan
- ☐ metal skewers

Directions

- ☐ Combine first 3 ingredients in a large heavy-duty, zip-top plastic bag; add chicken. Seal bag, and shake gently to coat chicken. Marinate in refrigerator 30 minutes to 8 hours.
- ☐ Remove chicken from marinade, reserving marinade. Alternately thread chicken and onions onto 4 (12-inch) metal skewers.
- ☐ Brush kabobs with reserved marinade.
- ☐ Place chicken on rack of a broiler pan coated with cooking spray. Broil 5 1/2 inches from heat (with electric oven door partially opened) 5 minutes on each side or until chicken is done.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:0.45, Inflammation Score:-5, Nutrition Score:14.98130440712%

Flavonoids

Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 176.92kcal (8.85%), Fat: 3.57g (5.49%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 9.66g (3.22%), Net Carbohydrates: 8.52g (3.1%), Sugar: 5.28g (5.87%), Cholesterol: 73.09mg (24.36%), Sodium: 414.19mg (18.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.15g (50.3%), Vitamin B3: 12.16mg (60.83%), Selenium: 36.87µg (52.68%), Vitamin K: 52.08µg (49.6%), Vitamin B6: 0.88mg (44.23%), Phosphorus: 255.22mg (25.52%), Vitamin B5: 1.65mg (16.51%), Potassium: 512.11mg (14.63%), Vitamin B2: 0.17mg (10.09%), Magnesium: 38.84mg (9.71%), Vitamin C: 6.36mg (7.71%), Folate: 24.51µg (6.13%), Vitamin B1: 0.09mg (5.9%), Manganese: 0.12mg (5.77%), Vitamin A: 284.37IU (5.69%), Zinc: 0.82mg (5.46%), Iron: 0.98mg (5.43%), Fiber: 1.15g (4.59%), Copper: 0.08mg (3.79%), Vitamin B12: 0.23µg (3.78%), Calcium: 30.77mg (3.08%), Vitamin E: 0.4mg (2.68%)