



Honey-Lime Chicken Kebabs with Mango Slices



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon chili powder
- ☐ 2 teaspoons garlic minced
- ☐ 1 tablespoon honey
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 teaspoons lime rind grated
- ☐ 2 mangoes peeled sliced

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1 pound skinless boneless chicken breast boneless skinless cut into 1-inch cubes

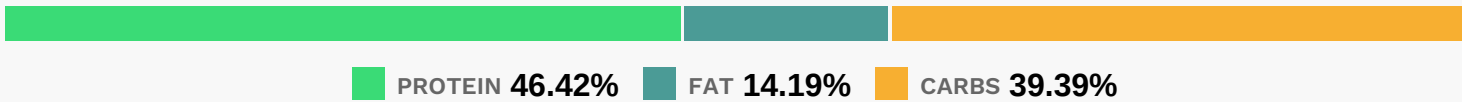
Equipment

- ☐ bowl
- ☐ whisk
- ☐ broiler
- ☐ skewers
- ☐ broiler pan

Directions

- ☐ Preheat broiler to high.
- ☐ Combine first 5 ingredients; toss to coat. Thread chicken onto 8 (6-inch) skewers.
- ☐ Place kebabs on a broiler pan coated with cooking spray; broil 4 minutes on each side or until done.
- ☐ Combine juice and honey in a small bowl; stir with a whisk. Arrange kebabs and mango slices on a platter; drizzle with honey mixture, and sprinkle with chili powder, if desired.

Nutrition Facts



Properties

Glycemic Index:41.51, Glycemic Load:9.6, Inflammation Score:0, Nutrition Score:17.285652274671%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 213.15kcal (10.66%), Fat: 3.42g (5.26%), Saturated Fat: 0.75g (4.7%), Carbohydrates: 21.33g (7.11%), Net Carbohydrates: 19.4g (7.06%), Sugar: 18.68g (20.76%), Cholesterol: 72.57mg (24.19%), Sodium: 286.75mg (12.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.14g (50.28%), Vitamin B3: 12.61mg (63.04%), Selenium: 37.28µg (53.25%), Vitamin C: 42.07mg (51%), Vitamin B6: 1.01mg (50.31%), Vitamin A: 1306.52IU (26.13%), Phosphorus: 257.86mg (25.79%), Vitamin B5: 1.85mg (18.48%), Potassium: 621.77mg (17.76%), Folate: 50.16µg (12.54%), Magnesium: 41.72mg (10.43%), Vitamin B2: 0.16mg (9.55%), Vitamin E: 1.36mg (9.05%), Copper: 0.16mg (7.98%), Fiber: 1.93g (7.72%), Vitamin B1: 0.11mg (7.2%), Manganese: 0.12mg (6.09%), Zinc: 0.81mg (5.39%), Vitamin K: 5.18µg (4.93%), Iron: 0.73mg (4.07%), Vitamin B12: 0.23µg (3.78%), Calcium: 23.2mg (2.32%)