



## Indian-Inspired Chicken Kabobs

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup original barbecue sauce kraft
- 0.5 cup knudsen cream light sour
- 0.5 cup cucumbers peeled seeded finely chopped
- 1.5 tsp curry powder
- 1 Tbsp mint leaves fresh finely chopped
- 1 clove garlic minced
- 0.5 tsp ground cumin
- 0.5 tsp ground pepper red (cayenne)

- 3 Tbsp juice of lemon divided
- 1 onion red cut into wedges
- 1.5 lb chicken breasts boneless skinless cut into 1-inch pieces

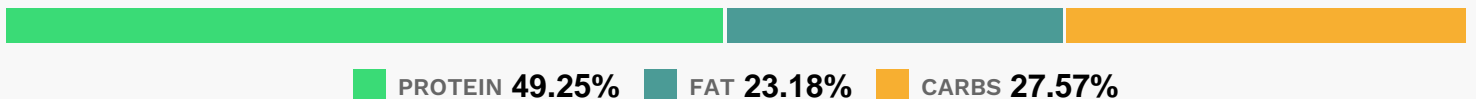
## Equipment

- grill
- skewers

## Directions

- Mix barbecue sauce, 2 Tbsp. lemon juice, curry, cumin and pepper; pour half over chicken in shallow glass dish. Stir. Refrigerate 20 min. to marinate.
- Heat grill to medium heat.
- Remove chicken from marinade; discard marinade. Thread chicken onto 6 skewers alternately with onions. Grill 8 to 10 min. or until chicken is done, turning occasionally and brushing with remaining barbecue sauce mixture.
- Meanwhile, combine remaining lemon juice, sour cream, cucumbers, mint and garlic.
- Serve with kabobs.

## Nutrition Facts



## Properties

Glycemic Index:19, Glycemic Load:0.47, Inflammation Score:-4, Nutrition Score:13.310434911562%

## Flavonoids

Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

## Nutrients (% of daily need)

Calories: 210.31kcal (10.52%), Fat: 5.31g (8.17%), Saturated Fat: 1.95g (12.19%), Carbohydrates: 14.21g (4.74%), Net Carbohydrates: 13.33g (4.85%), Sugar: 9.11g (10.12%), Cholesterol: 79.28mg (26.43%), Sodium: 394.72mg (17.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.39g (50.77%), Vitamin B3: 12.06mg (60.31%), Selenium: 37.48µg (53.54%), Vitamin B6: 0.92mg (45.94%), Phosphorus: 268.73mg (26.87%), Vitamin B5: 1.72mg (17.18%), Potassium: 582.3mg (16.64%), Magnesium: 40.56mg (10.14%), Vitamin B2: 0.16mg (9.6%), Vitamin C: 6.72mg (8.14%), Vitamin B1: 0.1mg (6.89%), Manganese: 0.12mg (6.06%), Zinc: 0.89mg (5.92%), Iron: 0.95mg (5.26%), Calcium: 52.49mg (5.25%), Vitamin B12: 0.31µg (5.12%), Vitamin A: 239.9IU (4.8%), Vitamin E: 0.64mg (4.28%), Copper: 0.08mg (3.78%), Folate: 14.92µg (3.73%), Fiber: 0.88g (3.53%), Vitamin K: 2.26µg (2.15%), Vitamin D: 0.15µg (1.01%)