



Indian-Spiced Chicken Kebabs with Cilantro-Mint Chutney

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 servings boston lettuce leaves
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.5 small hothouse cucumber english halved lengthwise thinly sliced
- ☐ 3 tablespoons mild curry paste (such as Patak's)
- ☐ 0.5 cup cilantro leaves fresh packed ()
- ☐ 2 teaspoons ginger fresh minced
- ☐ 0.5 cup mint leaves fresh packed ()

- ☐ 2 garlic cloves minced
- ☐ 1 jalapeño chili minced seeded
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 limes cut into wedges
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup yogurt plain
- ☐ 1.5 pounds chicken breasts boneless skinless cut into 2-inch cubes

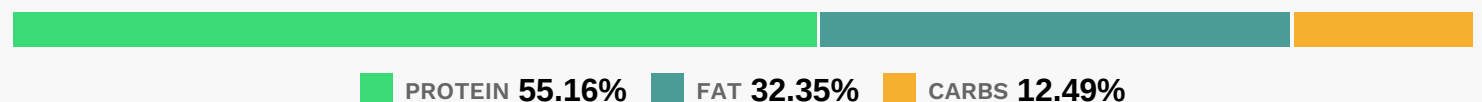
Equipment

- ☐ bowl
- ☐ whisk
- ☐ blender
- ☐ aluminum foil
- ☐ broiler
- ☐ skewers

Directions

- ☐ Blend first 5 ingredients and 2 tablespoons yogurt in blender or processor. Blend in more yogurt if necessary to make smooth paste. (Chutney can be made 1 day ahead. Cover and refrigerate.)
- ☐ Whisk first 6 ingredients in large bowl to blend.
- ☐ Add chicken and toss to coat. Cover and refrigerate at least 2 hours and up to 12 hours.
- ☐ Preheat broiler. Thread 1 chicken piece on each skewer. Cover exposed part of skewers with foil. Broil chicken until cooked through, turning occasionally, about 8 minutes. Arrange lettuce and cucumber on platter. Top with chicken. Squeeze lime over.
- ☐ Serve chicken with Cilantro–Mint Chutney.

Nutrition Facts



Properties

Glycemic Index:8.63, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:3.8991304156573%

Flavonoids

Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 2.59mg, Hesperetin: 2.59mg, Hesperetin: 2.59mg, Hesperetin: 2.59mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 46.56kcal (2.33%), Fat: 1.66g (2.55%), Saturated Fat: 0.41g (2.58%), Carbohydrates: 1.44g (0.48%), Net Carbohydrates: 1.06g (0.39%), Sugar: 0.57g (0.63%), Cholesterol: 18.81mg (6.27%), Sodium: 36.04mg (1.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.37g (12.73%), Vitamin B3: 3.01mg (15.05%), Selenium: 9.26µg (13.23%), Vitamin B6: 0.23mg (11.36%), Vitamin A: 424.49IU (8.49%), Phosphorus: 67.96mg (6.8%), Vitamin B5: 0.45mg (4.55%), Vitamin C: 3.71mg (4.5%), Potassium: 136.64mg (3.9%), Vitamin K: 2.87µg (2.74%), Magnesium: 9.97mg (2.49%), Vitamin B2: 0.04mg (2.48%), Vitamin B1: 0.02mg (1.66%), Calcium: 16mg (1.6%), Iron: 0.27mg (1.53%), Fiber: 0.38g (1.51%), Zinc: 0.23mg (1.5%), Manganese: 0.03mg (1.36%), Vitamin E: 0.19mg (1.29%), Vitamin B12: 0.08µg (1.26%), Folate: 4.73µg (1.18%)