



Indian-Spiced Chicken Kebabs with Cilantro-Mint Chutney

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 inch bamboo skewers ()
- ☐ 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

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- ☐ 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
- ☐ 2 tablespoons 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

 **PROTEIN 53.97%**  **FAT 32.37%**  **CARBS 13.66%**

Properties

Glycemic Index:11.38, Glycemic Load:0.26, Inflammation Score:-4, Nutrition Score:4.0099999794494%

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 Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 48.22kcal (2.41%), Fat: 1.73g (2.65%), Saturated Fat: 0.45g (2.81%), Carbohydrates: 1.64g (0.55%), Net Carbohydrates: 1.22g (0.44%), Sugar: 0.7g (0.78%), Cholesterol: 19.02mg (6.34%), Sodium: 37.02mg (1.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.47g (12.94%), Vitamin B3: 3.02mg (15.08%), Selenium: 9.31µg (13.3%), Vitamin B6: 0.23mg (11.58%), Vitamin A: 426.47IU (8.53%), Phosphorus: 70.24mg (7.02%), Vitamin B5: 0.46mg (4.64%), Vitamin C: 3.76mg (4.56%), Potassium: 142.12mg (4.06%), Vitamin K: 2.88µg (2.74%), Vitamin B2: 0.05mg (2.67%), Magnesium: 10.36mg (2.59%), Calcium: 18.25mg (1.82%), Vitamin B1: 0.03mg (1.74%), Zinc: 0.25mg (1.68%), Fiber: 0.42g (1.67%), Manganese: 0.03mg (1.58%), Iron: 0.28mg (1.58%), Vitamin E: 0.21mg (1.4%), Vitamin B12: 0.08µg (1.36%), Folate: 4.95µg (1.24%), Copper: 0.02mg (1.16%)