



## Italian Grilled Kabobs

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



3

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup balsamic vinaigrette
- 9 medium mushrooms fresh whole halved
- 1 small bell pepper red cut into squares
- 1.3 lb chicken breast halves boneless skinless cut into 1-inch pieces
- 1 medium to 3 sized squashes yellow halved lengthwise cut into 1-inch slices

## Equipment

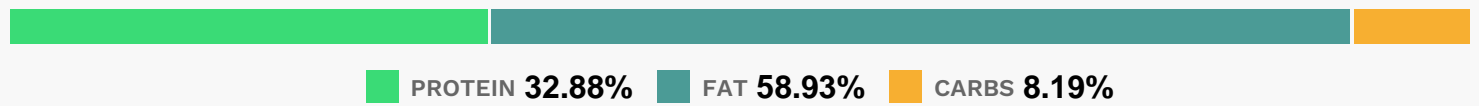
- bowl
- grill

- metal skewers

## Directions

- Heat grill. Alternately thread chicken and vegetables onto six 12 to 14-inch metal skewers. Reserve 1/2 cup vinaigrette in small bowl for dip; brush kabobs with remaining 1/2 cup vinaigrette.
- Place kabobs on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cook 13 to 15 minutes or until chicken is no longer pink in center, turning occasionally.
- Serve reserved vinaigrette as dipping sauce.

## Nutrition Facts



## Properties

Glycemic Index:32, Glycemic Load:1.17, Inflammation Score:-8, Nutrition Score:26.547826383425%

## Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 532.65kcal (26.63%), Fat: 34.12g (52.49%), Saturated Fat: 3.76g (23.51%), Carbohydrates: 10.68g (3.56%), Net Carbohydrates: 8.9g (3.24%), Sugar: 6.16g (6.85%), Cholesterol: 120.96mg (40.32%), Sodium: 932.23mg (40.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.83g (85.65%), Vitamin B3: 22.22mg (111.11%), Selenium: 65.66µg (93.79%), Vitamin B6: 1.69mg (84.3%), Vitamin C: 46.08mg (55.86%), Phosphorus: 474.57mg (47.46%), Vitamin B5: 3.68mg (36.81%), Potassium: 1094.23mg (31.26%), Vitamin B2: 0.52mg (30.58%), Vitamin A: 959.68IU (19.19%), Magnesium: 68.07mg (17.02%), Vitamin B1: 0.21mg (13.96%), Copper: 0.26mg (13.01%), Folate: 47.03µg (11.76%), Zinc: 1.63mg (10.85%), Manganese: 0.2mg (9.78%), Iron: 1.3mg (7.24%), Fiber: 1.78g (7.11%), Vitamin B12: 0.4µg (6.66%), Vitamin E: 0.83mg (5.55%), Vitamin K: 3.55µg (3.38%), Calcium: 30.46mg (3.05%), Vitamin D: 0.3µg (1.98%)