



 **59%**
HEALTH SCORE

Johnny Jalapeno's Grilled Firesticks

 **Gluten Free**  **Very Healthy**

READY IN



30 min.

SERVINGS



3

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 2 tablespoons brown sugar
- 1 tablespoon ground pepper
- 1 teaspoon mint dried
- 0.3 cup cilantro leaves dried fresh chopped for herbs (or parsley, use just 1 Tbsp)
- 1 tablespoon garlic powder
- 2 spring onion chopped
- 2 jalapeno seeded chopped

- 6 jalapeno seeded quartered
- 1 tablespoon juice of lime
- 1 tablespoon olive oil
- 1 small onion peeled quartered
- 0.5 tablespoon onion powder
- 0.5 tablespoon oregano dried
- 1 tablespoon paprika
- 1 pineapple fresh cubed
- 0.5 cup yogurt plain
- 0.5 tablespoon salt
- 4 chicken breast halves boneless skinless cubed (or pork tenderloin or steak)
- 2 tablespoons suya seasoning mix
- 0.5 tablespoon thyme leaves dried
- 0.3 teaspoon pepper white
- 8 frangelico
- 8 frangelico

Equipment

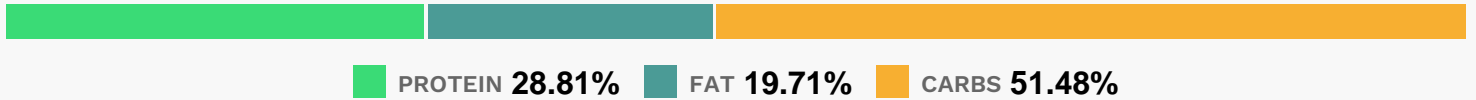
- bowl
- grill
- skewers
- wooden skewers

Directions

- Mix all ingredients and keep in an airtight container.**CHICKEN:** In a medium bowl (or Ziploc bag), mix chicken pieces with chicken ingredients listed. Toss to coat, cover and refrigerate 2–24 hours.**Meanwhile,** place the quartered jalapenos and cubed onion in a little olive oil to soak. Toss together with some salt & pepper and set aside. You can leave them loosely covered on the counter.**Soak** wood skewers in water for 30 minutes to prevent burning.

- Remove the jalapenos and onion from the oil, shaking off excess. Reserve the oil for the grill. To the skewers, place a piece of chicken, then a jalapeno, then a cubed layer of the onion (then pineapple chunks if using). Repeat to fill up skewers.
- Brush grill rack with reserved oil and then place skewers onto the grill about 4–6 inches away from coals and cook for about 10 minutes, turning occasionally and brushing with any remaining oil, until chicken is cooked through.
- Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:123.89, Glycemic Load:22.64, Inflammation Score:-10, Nutrition Score:46.306087006693%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.64mg, Quercetin: 8.64mg, Quercetin: 8.64mg, Quercetin: 8.64mg

Nutrients (% of daily need)

Calories: 499.01kcal (24.95%), Fat: 11.56g (17.79%), Saturated Fat: 2.72g (17%), Carbohydrates: 67.96g (22.65%), Net Carbohydrates: 55.5g (20.18%), Sugar: 43.18g (47.98%), Cholesterol: 101.74mg (33.91%), Sodium: 1373.62mg (59.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.02g (76.04%), Vitamin C: 199.32mg (241.61%), Manganese: 3.63mg (181.37%), Vitamin K: 103.04µg (98.13%), Vitamin B6: 1.94mg (96.99%), Vitamin B3: 18.77mg (93.83%), Selenium: 51.44µg (73.48%), Vitamin A: 2934.33IU (58.69%), Fiber: 12.46g (49.83%), Phosphorus: 445.5mg (44.55%), Potassium: 1399.46mg (39.98%), Iron: 6.98mg (38.76%), Vitamin E: 5.62mg (37.49%), Magnesium: 133.53mg (33.38%), Vitamin B5: 3.32mg (33.2%), Calcium: 314.29mg (31.43%), Folate: 115.93µg (28.98%), Vitamin B1: 0.43mg (28.6%), Copper: 0.54mg (27.13%), Vitamin B2: 0.46mg (27.09%), Zinc: 2.2mg (14.68%), Vitamin B12: 0.45µg (7.54%), Vitamin D: 0.19µg (1.28%)