



Lemon and Garlic Marinated Turkey Kabobs



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings coarse salt and ground pepper
- ☐ 6 clove garlic cloves minced peeled
- ☐ 1 juice of lemon whole
- ☐ 0.3 cup olive oil plus more for grill
- ☐ 1.5 pound turkey breast tenderloins cut into 20 equal cubes (1 inch each)

Equipment

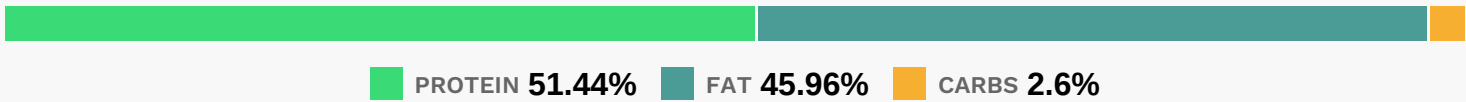
- ☐ bowl
- ☐ whisk

- ☐ grill
- ☐ skewers
- ☐ grill pan

Directions

- ☐ In a small bowl, whisk together very briskly the oil, lemon juice, red-pepper flakes (optional) and garlic. Try to achieve a thorough emulsion and a creamy texture. Alternatively, you may whirl the mixture in a mini food-processor.
- ☐ Heat grill or grill pan to high you should only be able to hold your hand a few seconds over the grates. Assemble 4 long skewers, alternating 5 turkey cubes with zucchini and red bell pepper. Arrange skewers in a nonmetallic dish.
- ☐ Pour ½ the marinade over skewers; turn to coat. Save the rest for sauce.
- ☐ Let stand at least 5 minutes (or cover and refrigerate overnight, turning occasionally). Season with salt and pepper.Lightly oil grates of the grill or grill pan.
- ☐ Place skewers on grill; cover grill, and cook, turning occasionally, until grill marks are visible and meat is cooked to desired doneness, 2–4 minutes per side.When serving the skewers, squeeze the extra lemon slices over the meat for added flavor.
- ☐ Serve with leftover sauce, and garnish with parsley sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.42, Inflammation Score:1, Nutrition Score:1.7882608766465%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 309.94kcal (15.5%), Fat: 15.8g (24.31%), Saturated Fat: 2.62g (16.37%), Carbohydrates: 2.01g (0.67%), Net Carbohydrates: 1.89g (0.69%), Sugar: 0.23g (0.26%), Cholesterol: 75.93mg (25.31%), Sodium: 308.8mg (13.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.79g (79.58%), Vitamin E: 1.96mg (13.06%), Vitamin K: 8.2µg (7.81%), Vitamin C: 4.31mg (5.22%), Manganese: 0.08mg (3.83%), Vitamin B6: 0.06mg (2.96%)