



Lemon-Marinated Chicken and Olive Skewers



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



15

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 ounces olives black pitted drained canned
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 6 chicken thighs boneless skinless cut into 1 1/2-inch pieces

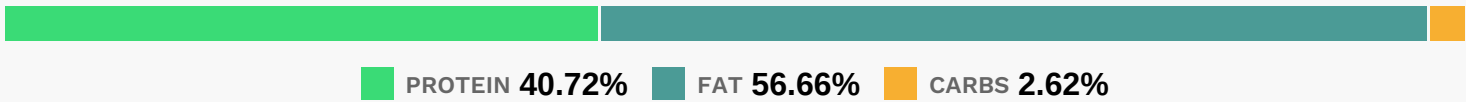
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ In a medium bowl combine the marinade ingredients.
- ☐ Add the chicken thigh pieces and toss to coat thoroughly.
- ☐ Let the chicken marinate at room temperature for 5 to 30 minutes before grilling.
- ☐ Prepare the grill for direct cooking over medium heat (350 to 450F).
- ☐ Thread the chicken pieces onto skewers, alternating chicken pieces with olives.
- ☐ Brush the cooking grates clean. Grill the skewers over direct medium heat, with the lid closed as much as possible, until the meat is firm and the juices run clear, 8 to 10 minutes, turning once or twice.
- ☐ Remove from the grill and let rest for 3 to 5 minutes.
- ☐ Serve warm.
- ☐ Note: If using bamboo skewers, soak in water for at least 30 minutes.

Nutrition Facts



Properties

Glycemic Index:2.13, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:4.0591304639111%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg

Nutrients (% of daily need)

Calories: 87.18kcal (4.36%), Fat: 5.46g (8.41%), Saturated Fat: 0.95g (5.97%), Carbohydrates: 0.57g (0.19%), Net Carbohydrates: 0.16g (0.06%), Sugar: 0.09g (0.1%), Cholesterol: 42.94mg (14.31%), Sodium: 372.23mg (16.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.83g (17.67%), Selenium: 10.32µg (14.75%), Vitamin B3: 2.55mg (12.77%), Vitamin B6: 0.21mg (10.28%), Phosphorus: 85.18mg (8.52%), Vitamin B5: 0.55mg (5.48%), Vitamin E:

0.78mg (5.23%), Vitamin B12: 0.29µg (4.82%), Vitamin B2: 0.08mg (4.77%), Zinc: 0.69mg (4.62%), Potassium: 117.68mg (3.36%), Magnesium: 11.84mg (2.96%), Vitamin B1: 0.04mg (2.9%), Vitamin K: 2.7µg (2.57%), Iron: 0.44mg (2.43%), Copper: 0.04mg (2.01%), Fiber: 0.41g (1.63%), Vitamin A: 55.9IU (1.12%), Calcium: 10.61mg (1.06%)