



 1%
HEALTH SCORE

Lemon-Rosemary Chicken Skewers

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

READY IN



45 min.

SERVINGS



24

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 small bay leaves
- 1 pint cherry tomatoes
- 3 tablespoons rosemary leaves fresh chopped
- 4 large garlic clove pressed
- 1 cup juice of lemon fresh
- 1 cup mayonnaise light
- 1 cup olive oil
- 2 teaspoons hot sauce hot

- 2 teaspoons salt
- 8 chicken breast halves boneless skinless (each 7 ounces)

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- whisk
- skewers

Directions

- Cut each chicken breast half lengthwise into 6 thin strips. Thread each strip completely onto 1 skewer, leaving 1/2 inch of skewer exposed at 1 end. Press 1 grape tomato onto end of skewer. Divide skewers between two 15x10x2-inch glass baking dishes, stacking skewers if necessary.
- Pour oil into bowl.
- Whisk in next 6 ingredients.
- Pour marinade over chicken. Marinate 1 hour at room temperature, turning often, or cover and chill overnight.
- Preheat oven to 425°F.
- Remove skewers from marinade and arrange on 2 large rimmed baking sheets; reserve marinade.
- Bake chicken until just cooked through, about 8 minutes.
- Transfer to platter.
- Transfer reserved marinade to medium saucepan. Boil over medium-high heat 1 minute. Cool marinade 15 minutes. Strain.
- Pour 1/2 cup marinade into medium bowl; whisk in mayonnaise. Season sauce to taste with salt and pepper. Spoon remaining marinade over chicken to moisten.
- Serve chicken with sauce.

Nutrition Facts

■ PROTEIN 37.8% ■ FAT 50.37% ■ CARBS 11.83%

Properties

Glycemic Index:1.25, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:5.1730434376261%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 88.04kcal (4.4%), Fat: 4.91g (7.56%), Saturated Fat: 0.8g (5%), Carbohydrates: 2.6g (0.87%), Net Carbohydrates: 2.37g (0.86%), Sugar: 1.09g (1.21%), Cholesterol: 25.6mg (8.53%), Sodium: 325.94mg (14.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.3g (16.6%), Vitamin B3: 4.05mg (20.25%), Selenium: 12.48µg (17.82%), Vitamin B6: 0.31mg (15.53%), Vitamin C: 9.35mg (11.34%), Phosphorus: 87.83mg (8.78%), Vitamin K: 6.74µg (6.42%), Vitamin B5: 0.59mg (5.86%), Potassium: 200.06mg (5.72%), Vitamin E: 0.66mg (4.41%), Magnesium: 12.77mg (3.19%), Vitamin B2: 0.04mg (2.64%), Vitamin A: 124.29IU (2.49%), Vitamin B1: 0.04mg (2.37%), Manganese: 0.04mg (2.08%), Iron: 0.34mg (1.91%), Zinc: 0.27mg (1.78%), Folate: 6.83µg (1.71%), Copper: 0.03mg (1.55%), Vitamin B12: 0.08µg (1.26%)