



Lime Chicken and Shrimp Kabobs



Gluten Free



Dairy Free

READY IN



265 min.

SERVINGS



8

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper red crushed
- ☐ 3 juice of lime juiced
- ☐ 16 ounce pineapple rings drained cut into 1-inch pieces canned
- ☐ 1 bell pepper red cut into 1-inch pieces
- ☐ 1 onion red cut into 1-inch pieces
- ☐ 0.5 pound shrimp fresh peeled
- ☐ 6 chicken breasts boneless skinless cut into 1-inch pieces
- ☐ 1 tablespoon sugar

- ☐ 0.7 cup vegetable oil
- ☐ 2 tablespoons vinegar

Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ ziploc bags
- ☐ skewers
- ☐ tongs

Directions

- ☐ Special Equipment: skewers
- ☐ In a small bowl, whisk oil, lime juice, vinegar, sugar, and crushed red pepper.
- ☐ In a shallow dish or re-sealable plastic bag, combine bell pepper, onion, pineapple, chicken, and shrimp.
- ☐ Pour lime mixture over chicken mixture; cover dish or seal bag, and place in the refrigerator to for 4 to 6 hours to marinate.
- ☐ Heat grill to 350 to 400 degrees F.
- ☐ Using tongs, remove chicken, vegetable pieces, pineapple and shrimp from marinade, discarding the marinade. Onto the skewers, thread 1 piece of chicken; 1 piece of pepper, 1 piece of onion, and 1 piece of pineapple, alternating to fill the skewer. Do the same thing with the shrimp alternating shrimp, pepper, onion, and pineapple to fill the skewer.
- ☐ Place chicken kabobs on the grill, cover with grill lid, and cook for 15 minutes or until chicken is cooked throughout, with no pink center, turning occasionally.
- ☐ Place shrimp kabobs on the grill, cover with grill lid over and cook for 6 to 8 minutes or until shrimp turn pink, and are cooked throughout, turning once.
- ☐ Remove skewers from grill and serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.39, Glycemic Load:1.52, Inflammation Score:-6, Nutrition Score:13.161739061708%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 205.7kcal (10.29%), Fat: 6.12g (9.41%), Saturated Fat: 1.08g (6.78%), Carbohydrates: 13.48g (4.49%), Net Carbohydrates: 12.13g (4.41%), Sugar: 10.99g (12.21%), Cholesterol: 99.88mg (33.29%), Sodium: 135.1mg (5.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.33g (48.67%), Vitamin B3: 9.19mg (45.93%), Selenium: 27.48µg (39.26%), Vitamin B6: 0.74mg (37.13%), Vitamin C: 29.78mg (36.1%), Phosphorus: 252.39mg (25.24%), Potassium: 524.68mg (14.99%), Vitamin B5: 1.29mg (12.86%), Magnesium: 44.66mg (11.16%), Vitamin A: 543.94IU (10.88%), Copper: 0.21mg (10.31%), Vitamin B1: 0.13mg (8.63%), Vitamin K: 8.17µg (7.78%), Vitamin B2: 0.12mg (6.8%), Zinc: 1mg (6.67%), Fiber: 1.35g (5.4%), Vitamin E: 0.76mg (5.04%), Folate: 16.82µg (4.21%), Iron: 0.74mg (4.09%), Calcium: 37.69mg (3.77%), Manganese: 0.06mg (3.09%), Vitamin B12: 0.17µg (2.82%)