



Mango Chicken Kabobs



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon brown sugar
- ☐ 2 teaspoons ginger root fresh minced
- ☐ 1 teaspoon juice of lemon
- ☐ 3 mangos diced peeled seeded
- ☐ 0.3 cup olive oil
- ☐ 1 teaspoon orange juice
- ☐ 4 servings salt to taste
- ☐ 4 chicken breast halves boneless skinless cut into bite-size pieces

☐ 1 pinch sugar white

Equipment

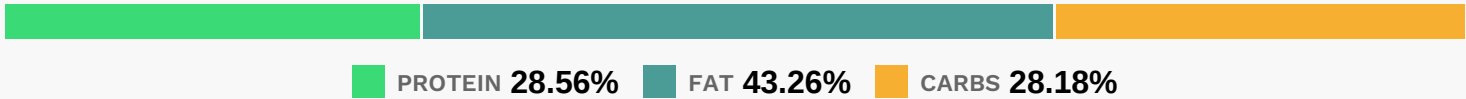
☐ grill

☐ skewers

Directions

- ☐ In a shallow container, mix the olive oil, ginger root, lemon juice, orange juice, brown sugar, and white sugar.
- ☐ Place the chicken breasts in the mixture, and marinate at least 30 minutes in the refrigerator.
- ☐ Preheat the grill for high heat. Season chicken with salt, and alternately thread chicken and mango onto skewers. Discard marinade.
- ☐ Lightly oil the grill grate.
- ☐ Place skewers on the grill, and cook 15 minutes, turning to cook on all sides, until chicken juices run clear.

Nutrition Facts



Properties

Glycemic Index:47.21, Glycemic Load:11.06, Inflammation Score:-9, Nutrition Score:20.361304324606%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 2.67mg, Catechin: 2.67mg, Catechin: 2.67mg, Catechin: 2.67mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 347.93kcal (17.4%), Fat: 17.03g (26.2%), Saturated Fat: 2.65g (16.56%), Carbohydrates: 24.96g (8.32%), Net Carbohydrates: 22.45g (8.16%), Sugar: 22.68g (25.2%), Cholesterol: 72.32mg (24.11%), Sodium: 327.14mg (14.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.3g (50.6%), Vitamin C: 59.28mg (71.85%), Vitamin B3: 12.84mg (64.21%), Selenium: 37.12µg (53.02%), Vitamin B6: 1.03mg (51.72%), Vitamin A: 1717.28IU (34.35%), Phosphorus: 259.81mg (25.98%), Vitamin E: 3.56mg (23.74%), Potassium: 689.37mg (19.7%), Vitamin B5: 1.92mg (19.24%), Folate: 72.17µg (18.04%), Vitamin K: 14.88µg (14.17%), Magnesium: 45.7mg (11.42%), Copper: 0.21mg (10.34%), Vitamin B2: 0.17mg (10.18%), Fiber: 2.51g (10.05%), Vitamin B1: 0.12mg (7.86%), Manganese: 0.12mg (5.93%), Zinc: 0.8mg (5.34%), Iron: 0.76mg (4.23%), Vitamin B12: 0.23µg (3.77%), Calcium: 24.24mg (2.42%)