



Maple-Glazed Chicken Kabobs



Gluten Free



Dairy Free



Low Fod Map

READY IN



275 min.

SERVINGS



8

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 medium bell pepper cut into 16 pieces
- ☐ 1 tablespoon butter melted
- ☐ 2 tablespoons juice of lemon
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.3 teaspoon pepper
- ☐ 3 tablespoons maple syrup reduced-calorie maple-flavored
- ☐ 0.5 lb chicken breast halves boneless skinless
- ☐ 1 medium to 3 sized squashes yellow

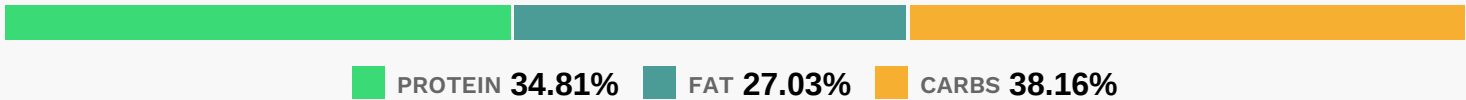
Equipment

- ☐ bowl
- ☐ oven
- ☐ skewers
- ☐ broiler pan

Directions

- ☐ Remove fat from chicken.
- ☐ Cut chicken into 24 pieces. In large glass or plastic bowl, mix remaining ingredients except bell pepper and squash. Stir in chicken, bell pepper and squash. Cover and refrigerate at least 4 hours but no longer than 24 hours.
- ☐ Set oven control to broil. Thread chicken, bell pepper and squash alternately on each of eight 8-inch skewers.*
- ☐ Place on rack in broiler pan. Broil with tops 4 inches from heat 2 to 3 minutes; turn. Broil 2 to 3 minutes longer or until chicken is no longer pink in center.

Nutrition Facts



Properties

Glycemic Index:16.56, Glycemic Load:2.22, Inflammation Score:-5, Nutrition Score:6.6673912924269%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 74.04kcal (3.7%), Fat: 2.24g (3.45%), Saturated Fat: 0.47g (2.97%), Carbohydrates: 7.13g (2.38%), Net Carbohydrates: 6.49g (2.36%), Sugar: 5.76g (6.4%), Cholesterol: 18.14mg (6.05%), Sodium: 51.21mg (2.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.5g (13%), Vitamin C: 25.32mg (30.69%), Vitamin B3: 3.23mg (16.17%), Vitamin B6: 0.31mg (15.58%), Selenium: 9.14µg (13.06%), Manganese: 0.24mg (12.24%), Vitamin A: 586.53IU

(11.73%), Vitamin B2: 0.17mg (10.15%), Phosphorus: 73.54mg (7.35%), Potassium: 223.17mg (6.38%), Vitamin B5: 0.5mg (4.97%), Folate: 15.89µg (3.97%), Magnesium: 15.32mg (3.83%), Vitamin B1: 0.04mg (2.95%), Fiber: 0.64g (2.54%), Vitamin E: 0.38mg (2.53%), Zinc: 0.33mg (2.19%), Calcium: 15.67mg (1.57%), Vitamin K: 1.62µg (1.55%), Iron: 0.27mg (1.52%), Copper: 0.02mg (1.22%)