



Marinated Chicken Kabobs



Gluten Free



Dairy Free



Popular

READY IN



155 min.

SERVINGS



4

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup plus light
- ☐ 8 ounce mushrooms fresh chopped
- ☐ 0.5 teaspoon garlic powder
- ☐ 4 servings garlic salt to taste
- ☐ 1 bell pepper green cut into large chunks
- ☐ 0.3 cup juice of lemon
- ☐ 2 onions quartered
- ☐ 2 tablespoons sesame seed

- ☐ 4 chicken breast halves boneless skinless cut into 1 1/2 inch pieces
- ☐ 0.5 cup soya sauce
- ☐ 1 cup vegetable oil

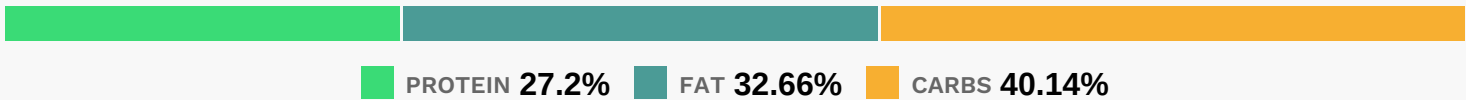
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill
- ☐ skewers

Directions

- ☐ In a medium bowl, blend vegetable oil, soy sauce, light corn syrup, lemon juice, sesame seeds, garlic powder, and garlic salt.
- ☐ Place chicken in the mixture. Cover, and marinate in the refrigerator at least 2 hours.
- ☐ Preheat an outdoor grill for medium heat, and lightly oil grate. Thread chicken onto skewers alternately with mushrooms, onions, and green bell pepper.
- ☐ Pour marinade into a saucepan, and bring to a boil. Cook for 5 to 10 minutes.
- ☐ Place skewers on the prepared grill. Cook 15 to 20 minutes, turning frequently, until chicken is no longer pink and juices run clear. Baste with the boiled marinade frequently during the last 10 minutes.

Nutrition Facts



Properties

Glycemic Index:35.75, Glycemic Load:8.23, Inflammation Score:-7, Nutrition Score:22.650869659756%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg

2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.88mg, Quercetin: 11.88mg, Quercetin: 11.88mg, Quercetin: 11.88mg

Nutrients (% of daily need)

Calories: 431.14kcal (21.56%), Fat: 16.27g (25.02%), Saturated Fat: 2.66g (16.63%), Carbohydrates: 44.98g (14.99%), Net Carbohydrates: 42.19g (15.34%), Sugar: 37.8g (42%), Cholesterol: 72.32mg (24.11%), Sodium: 1977.98mg (86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.48g (60.95%), Vitamin B3: 15.38mg (76.91%), Selenium: 43.72µg (62.46%), Vitamin B6: 1.14mg (57.04%), Vitamin C: 36.44mg (44.17%), Phosphorus: 373.59mg (37.36%), Vitamin B5: 2.69mg (26.9%), Vitamin B2: 0.42mg (24.76%), Potassium: 831.61mg (23.76%), Copper: 0.46mg (22.95%), Vitamin K: 22.69µg (21.61%), Manganese: 0.4mg (20%), Magnesium: 70.23mg (17.56%), Vitamin B1: 0.24mg (15.98%), Iron: 2.23mg (12.38%), Zinc: 1.72mg (11.49%), Fiber: 2.79g (11.16%), Folate: 39.91µg (9.98%), Vitamin E: 1.27mg (8.46%), Calcium: 74.65mg (7.46%), Vitamin B12: 0.25µg (4.14%), Vitamin A: 146.35IU (2.93%), Vitamin D: 0.23µg (1.51%)