



Marinated Chicken Kebabs with Lemon Pepper Yogurt Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 servings bamboo skewers
- ☐ 1 tablespoon pepper black
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 0.8 tablespoons rosemary leaves fresh chopped (4 sprigs)
- ☐ 0.8 tablespoons thyme sprigs fresh (5 sprigs)
- ☐ 2 tablespoons garlic minced
- ☐ 1 juice of lemon

- ☐ 6 chicken breast boneless skinless cleaned cut into large cubes
- ☐ 2 lemon zest fine ()
- ☐ 2 cups olive oil extra virgin extra-virgin
- ☐ 14 ounce yogurt plain
- ☐ 3 tablespoons red wine vinegar
- ☐ 2 teaspoons salt
- ☐ 10 servings salt and pepper black to taste
- ☐ 4 tablespoons cream sour

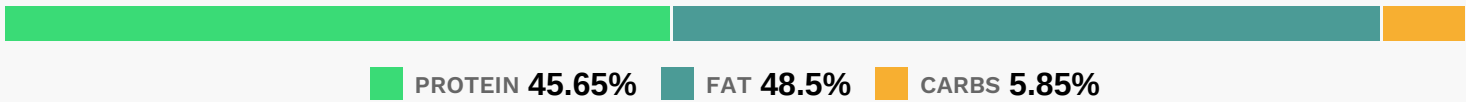
Equipment

- ☐ mixing bowl
- ☐ grill
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ For the kebabs: in a plastic bag or airtight container, combine olive oil, lemon juice, garlic, rosemary, and thyme.
- ☐ Add chicken, toss well to coat evenly, and refrigerate overnight.
- ☐ For the sauce, combine all ingredients in a mixing bowl and refrigerate at least 2 hours.
- ☐ Remove chicken pieces from marinade and season well with salt and pepper. Grill chicken for 5 minutes on each side, until golden brown and juices of chicken run clear when pricked with the end of the skewer. Thread 3 pieces of chicken onto each skewer.
- ☐ Serve with Lemon-Pepper Yogurt Sauce.

Nutrition Facts



Properties

Glycemic Index:15.8, Glycemic Load:0.6, Inflammation Score:-7, Nutrition Score:15.944347573363%

Flavonoids

Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 273.14kcal (13.66%), Fat: 14.45g (22.24%), Saturated Fat: 3.3g (20.64%), Carbohydrates: 3.92g (1.31%), Net Carbohydrates: 3.31g (1.2%), Sugar: 2.18g (2.42%), Cholesterol: 94.78mg (31.59%), Sodium: 837.81mg (36.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.61g (61.22%), Vitamin B3: 14.25mg (71.27%), Selenium: 44.72µg (63.88%), Vitamin B6: 1.06mg (53.1%), Phosphorus: 332.8mg (33.28%), Vitamin B5: 2.14mg (21.4%), Potassium: 608.42mg (17.38%), Vitamin B2: 0.21mg (12.54%), Magnesium: 45.3mg (11.32%), Vitamin E: 1.57mg (10.43%), Manganese: 0.17mg (8.42%), Vitamin C: 6.7mg (8.12%), Calcium: 75.91mg (7.59%), Zinc: 1.11mg (7.41%), Vitamin B12: 0.43µg (7.14%), Vitamin B1: 0.11mg (7.13%), Vitamin K: 6.63µg (6.32%), Iron: 0.92mg (5.09%), Vitamin A: 239.12IU (4.78%), Copper: 0.07mg (3.41%), Folate: 12.39µg (3.1%), Fiber: 0.61g (2.44%), Vitamin D: 0.18µg (1.17%)