



Marinated Greek Chicken Kabobs

 Gluten Free

READY IN



210 min.

SERVINGS



4

CALORIES



209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon rosemary dried crushed
- ☐ 8 ounce yogurt plain fat-free
- ☐ 0.3 cup feta cheese with basil and sun-dried tomatoes crumbled
- ☐ 1 large bell pepper green cut into 1 1/2 inch pieces
- ☐ 0.3 teaspoon ground pepper black
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest
- ☐ 2 teaspoons oregano dried

- ☐ 1 large onion red cut into wedges
- ☐ 0.5 teaspoon salt
- ☐ 1 pound chicken breast halves boneless skinless cut into 1 inch pieces

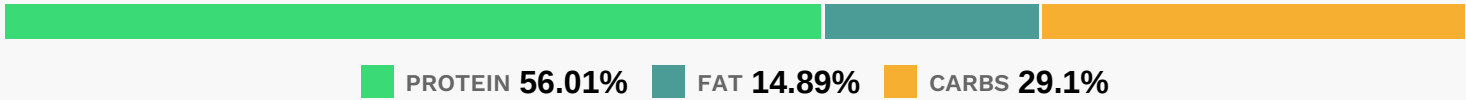
Equipment

- ☐ baking pan
- ☐ grill
- ☐ skewers

Directions

- ☐ In a large shallow baking dish, mix the yogurt, feta cheese, lemon zest, lemon juice, oregano, salt, pepper, and rosemary.
- ☐ Place the chicken in the dish, and turn to coat. Cover, and marinate 3 hours in the refrigerator.
- ☐ Preheat an outdoor grill for high heat.
- ☐ Thread the chicken, onion wedges, and green bell pepper pieces alternately onto skewers. Discard remaining yogurt mixture.
- ☐ Grill skewers on the prepared grill until the chicken is no longer pink and juices run clear.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:1.91, Inflammation Score:-9, Nutrition Score:20.880000031513%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg

Nutrients (% of daily need)

Calories: 208.63kcal (10.43%), Fat: 3.48g (5.35%), Saturated Fat: 0.8g (5.02%), Carbohydrates: 15.27g (5.09%), Net Carbohydrates: 12.47g (4.53%), Sugar: 10.19g (11.32%), Cholesterol: 73.71mg (24.57%), Sodium: 478.39mg (20.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.4g (58.81%), Vitamin B3: 13.01mg (65.06%), Selenium: 39.03µg (55.76%), Vitamin C: 43.72mg (52.99%), Vitamin B6: 1.05mg (52.47%), Phosphorus: 378.27mg (37.83%), Potassium: 1012.98mg (28.94%), Vitamin B5: 2.27mg (22.67%), Vitamin B2: 0.32mg (18.63%), Manganese: 0.34mg (17.11%), Magnesium: 68.31mg (17.08%), Calcium: 156.58mg (15.66%), Vitamin K: 13.85µg (13.19%), Vitamin B1: 0.19mg (12.54%), Fiber: 2.8g (11.2%), Copper: 0.22mg (10.84%), Iron: 1.89mg (10.52%), Zinc: 1.52mg (10.16%), Vitamin B12: 0.57µg (9.54%), Folate: 30.84µg (7.71%), Vitamin A: 288.82IU (5.78%), Vitamin E: 0.57mg (3.8%)