



Marinated Greek Kebabs

 Gluten Free

READY IN



31 min.

SERVINGS



4

CALORIES



209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 teaspoon rosemary dried crushed
- ☐ 1.3 ounces feta cheese with basil and sun-dried tomatoes crumbled
- ☐ 1 large bell pepper green cut into 1 1/2-inch pieces
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 2 teaspoons oregano dried
- ☐ 1 large onion red cut into 8 wedges

- ☐ 0.5 teaspoon salt
- ☐ 1 pound chicken breast halves boneless skinless cut into 1-inch pieces
- ☐ 8 ounce carton yogurt plain fat-free

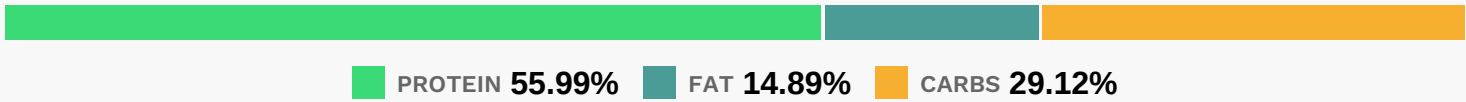
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ skewers

Directions

- ☐ Combine first 8 ingredients in a medium bowl, stirring well with a whisk.
- ☐ Add chicken, tossing to coat; cover and marinate in refrigerator 3 hours.
- ☐ Prepare grill.
- ☐ Cut onion wedges in half crosswise.
- ☐ Remove chicken from yogurt mixture, discarding yogurt mixture. Thread chicken, onion chunks, and bell pepper pieces evenly on 4 (12-inch) skewers, alternating chicken and vegetables.
- ☐ Place skewers on grill rack coated with cooking spray. Grill 15 minutes or until done, turning twice.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:1.92, Inflammation Score:-9, Nutrition Score:20.893912958062%

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

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: 208.75kcal (10.44%), Fat: 3.48g (5.35%), Saturated Fat: 0.8g (5.03%), Carbohydrates: 15.3g (5.1%), Net Carbohydrates: 12.49g (4.54%), Sugar: 10.21g (11.34%), Cholesterol: 73.71mg (24.57%), Sodium: 478.44mg (20.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.41g (58.82%), Vitamin B3: 13.02mg (65.08%), Selenium: 39.03µg (55.76%), Vitamin C: 43.73mg (53.01%), Vitamin B6: 1.05mg (52.48%), Phosphorus: 378.44mg (37.84%), Potassium: 1014.59mg (28.99%), Vitamin B5: 2.27mg (22.68%), Vitamin B2: 0.32mg (18.64%), Manganese: 0.34mg (17.15%), Magnesium: 68.4mg (17.1%), Calcium: 156.63mg (15.66%), Vitamin K: 13.87µg (13.21%), Vitamin B1: 0.19mg (12.56%), Fiber: 2.81g (11.22%), Copper: 0.22mg (10.87%), Iron: 1.9mg (10.54%), Zinc: 1.52mg (10.17%), Vitamin B12: 0.57µg (9.54%), Folate: 30.87µg (7.72%), Vitamin A: 289.23IU (5.78%), Vitamin E: 0.57mg (3.8%)