



Mediterranean Chicken and Vegetable Kebabs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



199 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 fennel bulb cut into 12 wedges
- ☐ 12 garlic clove peeled
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons oregano dried fresh chopped
- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds chicken breast boneless skinless cut into 24 strips

☐ 9 inch zucchini

Equipment

☐ grill

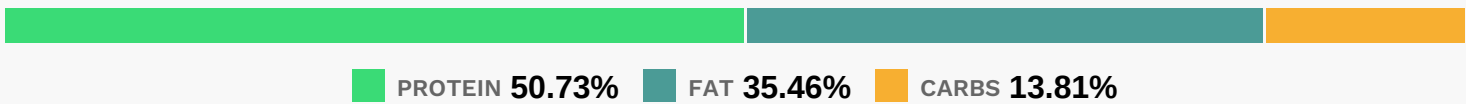
☐ ziploc bags

☐ skewers

Directions

- ☐ Combine first 6 ingredients in zip-top plastic bag; seal and shake well. Marinate in refrigerator 20 minutes.
- ☐ Remove chicken mixture from bag; discard marinade.
- ☐ Prepare grill.
- ☐ Cook garlic cloves in boiling water 3 minutes; drain and cool.
- ☐ Thread 4 chicken strips, 3 zucchini slices, 2 fennel wedges, and 2 garlic cloves alternately onto each of 6 (12-inch) skewers.
- ☐ Sprinkle with salt and pepper.
- ☐ Place kebabs on grill rack coated with cooking spray. Cook 8 minutes, turning once, or until chicken is done.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:1.34, Inflammation Score:-9, Nutrition Score:16.287391206493%

Flavonoids

Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 199.07kcal (9.95%), Fat: 7.82g (12.03%), Saturated Fat: 1.36g (8.51%), Carbohydrates: 6.85g (2.28%), Net Carbohydrates: 4.72g (1.72%), Sugar: 2.01g (2.24%), Cholesterol: 72.57mg (24.19%), Sodium: 347.56mg (15.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.18g (50.36%), Vitamin B3: 12.22mg (61.12%), Selenium: 37.51µg (53.59%), Vitamin B6: 0.97mg (48.53%), Vitamin K: 38.29µg (36.47%), Phosphorus: 271.68mg (27.17%), Potassium: 647.7mg (18.51%), Vitamin B5: 1.78mg (17.8%), Vitamin C: 12.57mg (15.23%), Manganese: 0.29mg (14.7%), Magnesium: 43.56mg (10.89%), Vitamin E: 1.44mg (9.62%), Vitamin B2: 0.15mg (8.62%), Fiber: 2.13g (8.53%), Iron: 1.48mg (8.21%), Calcium: 64.01mg (6.4%), Vitamin B1: 0.1mg (6.38%), Zinc: 0.87mg (5.79%), Folate: 22.16µg (5.54%), Copper: 0.09mg (4.49%), Vitamin B12: 0.23µg (3.78%), Vitamin A: 123.86IU (2.48%)