



Mediterranean Chicken Kabobs



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 large cloves garlic crushed
- ☐ 2 tablespoons rosemary dried fresh finely chopped
- ☐ 1 tablespoon oregano dried fresh finely chopped
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 cup juice of lemon fresh
- ☐ 6 tablespoons olive oil
- ☐ 1.5 lb chicken breast boneless skinless cut into 1-inch pieces

- ☐ 1 large bell pepper red cut into 1-inch pieces
- ☐ 1 large onion red cut into 1-inch wedges

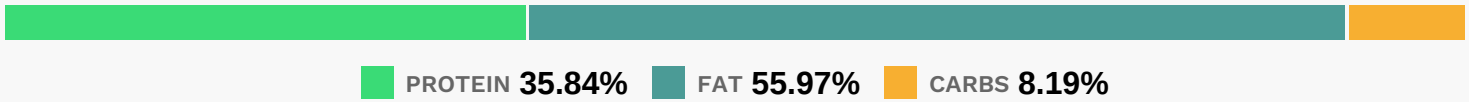
Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags
- ☐ skewers
- ☐ metal skewers

Directions

- ☐ In large shallow glass or plastic dish or resealable food-storage plastic bag, mix garlic, rosemary, oregano, 1/2 teaspoon of the salt, 1/4 teaspoon of the pepper, 3 tablespoons of the lemon juice and 5 tablespoons of the oil.
- ☐ Add chicken; turn to coat. Cover or seal; refrigerate 30 minutes to marinate.
- ☐ Heat gas or charcoal grill. In small bowl, mix remaining 1/2 teaspoon salt, 1/4 teaspoon pepper, 1 tablespoon lemon juice and 1 tablespoon oil; set aside.
- ☐ Remove chicken from marinade; discard marinade. On 6 (10- to 12-inch) metal skewers, alternately thread chicken, bell pepper and onion, leaving space between pieces.
- ☐ Place skewers on grill over medium-high heat. Cover grill; cook 8 to 10 minutes, turning occasionally and basting with lemon juice mixture, until chicken is no longer pink in center and vegetables are tender. Discard any remaining lemon juice mixture.

Nutrition Facts



Properties

Glycemic Index:32.67, Glycemic Load:0.99, Inflammation Score:-9, Nutrition Score:17.256521660349%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg,

Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

Nutrients (% of daily need)

Calories: 276.78kcal (13.84%), Fat: 17.21g (26.48%), Saturated Fat: 2.67g (16.68%), Carbohydrates: 5.67g (1.89%), Net Carbohydrates: 4.04g (1.47%), Sugar: 2.23g (2.48%), Cholesterol: 72.57mg (24.19%), Sodium: 522.16mg (22.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.8g (49.61%), Vitamin B3: 12.18mg (60.92%), Selenium: 36.71µg (52.44%), Vitamin C: 42.53mg (51.56%), Vitamin B6: 1mg (49.75%), Phosphorus: 255.63mg (25.56%), Vitamin E: 2.84mg (18.92%), Vitamin A: 926.88IU (18.54%), Vitamin B5: 1.76mg (17.57%), Potassium: 539.8mg (15.42%), Vitamin K: 15.55µg (14.81%), Magnesium: 39.59mg (9.9%), Vitamin B2: 0.15mg (8.96%), Manganese: 0.17mg (8.69%), Vitamin B1: 0.11mg (7.09%), Iron: 1.21mg (6.72%), Folate: 26.72µg (6.68%), Fiber: 1.63g (6.51%), Zinc: 0.83mg (5.51%), Calcium: 38.08mg (3.81%), Vitamin B12: 0.23µg (3.78%), Copper: 0.06mg (3%)