



Mediterranean Grilled Chicken Kebabs



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



168 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 1 cup pomegranate-orange dressing divided
- ☐ 2 large oranges
- ☐ 0.3 teaspoon salt
- ☐ 2 pounds chicken thighs boneless skinless trimmed cut into bite-sized pieces

Equipment

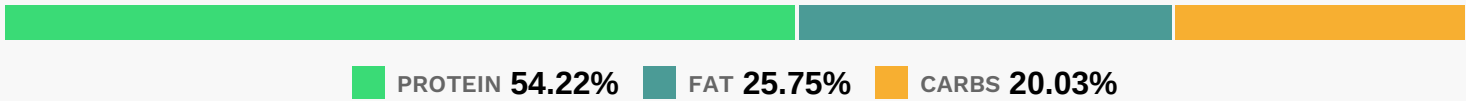
- ☐ grill

- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ Combine 1/2 cup Pomegranate-Orange Dressing and chicken in a large zip-top plastic bag. Seal and marinate in refrigerator 30 minutes, turning bag occasionally.
- ☐ Prepare grill to medium-high heat.
- ☐ Cut each orange into 8 wedges; cut each wedge crosswise into 3 pieces.
- ☐ Remove chicken from marinade; discard marinade. Thread chicken and orange pieces alternately onto each of 16 (10-inch) skewers.
- ☐ Sprinkle evenly with salt and pepper.
- ☐ Place kebabs on a grill rack coated with cooking spray; grill 5 minutes on each side or until chicken is done, basting occasionally with remaining 1/2 cup Pomegranate-Orange Dressing.
- ☐ Place kebabs on a platter; sprinkle with mint.

Nutrition Facts



Properties

Glycemic Index:14.63, Glycemic Load:2.74, Inflammation Score:-5, Nutrition Score:12.626521628836%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 18.81mg, Hesperetin: 18.81mg, Hesperetin: 18.81mg, Hesperetin: 18.81mg Naringenin: 10.49mg, Naringenin: 10.49mg, Naringenin: 10.49mg, Naringenin: 10.49mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 168.28kcal (8.41%), Fat: 4.76g (7.32%), Saturated Fat: 1.18g (7.39%), Carbohydrates: 8.33g (2.78%), Net Carbohydrates: 6.56g (2.39%), Sugar: 6.41g (7.12%), Cholesterol: 107.73mg (35.91%), Sodium: 174.04mg (7.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.54g (45.09%), Vitamin C: 36.89mg (44.71%), Selenium: 25.97µg (37.11%), Vitamin B3: 6.55mg (32.76%), Vitamin B6: 0.55mg (27.39%), Phosphorus: 222.77mg (22.28%), Vitamin B5: 1.54mg (15.38%), Vitamin B2: 0.23mg (13.65%), Vitamin B12: 0.73µg (12.1%), Zinc: 1.79mg (11.92%),

Potassium: 410.66mg (11.73%), Vitamin B1: 0.16mg (10.86%), Magnesium: 34.17mg (8.54%), Fiber: 1.77g (7.09%),
Folate: 26.7µg (6.67%), Iron: 1.05mg (5.85%), Copper: 0.1mg (4.99%), Vitamin A: 241.42IU (4.83%), Calcium: 41.34mg
(4.13%), Vitamin K: 3.39µg (3.23%), Manganese: 0.06mg (3%), Vitamin E: 0.33mg (2.19%)