



Molasses-Balsamic Chicken Kabobs With Green Tomatoes and Plums



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1.5 pounds skinned and boned chicken breasts cut into 1 1/2-inch pieces
- ☐ 2 medium size tomatoes green cut into eighths
- ☐ 0.5 cup blackstrap molasses
- ☐ 2 teaspoons pepper
- ☐ 4 large plums quartered
- ☐ 2 medium size onions red cut into eighths

- ☐ 2 teaspoons lawry's seasoned salt
- ☐ 12 inch metal skewers
- ☐ 12 inch metal skewers

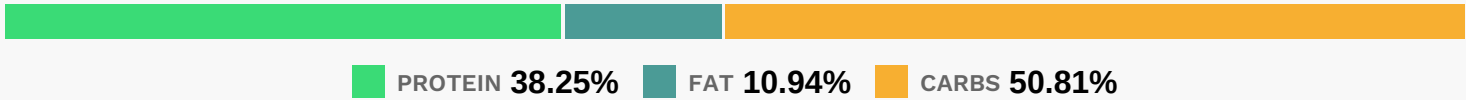
Equipment

- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Soak wooden skewers in water 30 minutes.
- ☐ Preheat grill to 350 to 400 (medium-high). Thread chicken and next 3 ingredients alternately onto skewers, leaving 1/4 inch between pieces.
- ☐ Sprinkle kabobs with seasoned salt and pepper. Stir together molasses and vinegar.
- ☐ Grill kabobs, covered with grill lid, over 350 to 400 (medium-high) heat 12 minutes, turning after 6 minutes. Baste kabobs with half of molasses mixture, and grill 3 minutes. Turn kabobs, baste with remaining half of molasses mixture, and grill 3 more minutes or until done.

Nutrition Facts



Properties

Glycemic Index:31.94, Glycemic Load:12.68, Inflammation Score:-7, Nutrition Score:18.933043417723%

Flavonoids

Cyanidin: 2.48mg, Cyanidin: 2.48mg, Cyanidin: 2.48mg, Cyanidin: 2.48mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Epicatechin 3-gallate: 0.33mg, Epicatechin 3-gallate: 0.33mg, Epicatechin 3-gallate: 0.33mg, Epicatechin 3-gallate: 0.33mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg

Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.84mg, Quercetin: 7.84mg, Quercetin: 7.84mg, Quercetin: 7.84mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 266.08kcal (13.3%), Fat: 3.23g (4.97%), Saturated Fat: 0.69g (4.32%), Carbohydrates: 33.75g (11.25%), Net Carbohydrates: 31.89g (11.6%), Sugar: 30.13g (33.48%), Cholesterol: 72.57mg (24.19%), Sodium: 926.47mg (40.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.4g (50.8%), Vitamin B3: 12.53mg (62.64%), Selenium: 41.67µg (59.53%), Vitamin B6: 1.13mg (56.47%), Manganese: 0.66mg (32.94%), Potassium: 1056.76mg (30.19%), Phosphorus: 279.07mg (27.91%), Magnesium: 110.73mg (27.68%), Vitamin C: 17.85mg (21.63%), Vitamin B5: 2.16mg (21.61%), Copper: 0.26mg (12.79%), Iron: 2.25mg (12.52%), Vitamin B1: 0.14mg (9.24%), Vitamin A: 453.42IU (9.07%), Vitamin B2: 0.15mg (8.99%), Calcium: 85.95mg (8.59%), Vitamin K: 8.42µg (8.02%), Fiber: 1.86g (7.44%), Zinc: 0.89mg (5.95%), Folate: 17.51µg (4.38%), Vitamin B12: 0.23µg (3.78%), Vitamin E: 0.5mg (3.33%)