



Moroccan Chicken Kabobs



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup apricot preserves
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon salt
- ☐ 1.5 lb chicken breast boneless skinless cut into 1 1/2-inch pieces

Equipment

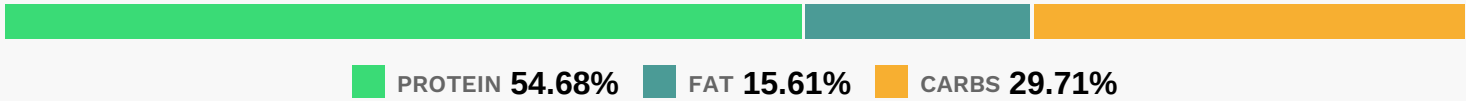
- ☐ bowl

- ☐ grill
- ☐ metal skewers

Directions

- ☐ Heat gas or charcoal grill. In large bowl, mix preserves, cumin, cinnamon, coriander and salt.
- ☐ Place chicken pieces in bowl and turn to coat. On each of 4 (10- to 12-inch) metal skewers, thread chicken.
- ☐ Spray chicken with cooking spray. Carefully brush oil on grill rack.
- ☐ Place chicken on grill over medium-high heat. Cover grill; cook 10 minutes, turning once, until chicken is no longer pink in center.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:17.008261032726%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 269.33kcal (13.47%), Fat: 4.63g (7.12%), Saturated Fat: 0.98g (6.12%), Carbohydrates: 19.81g (6.6%), Net Carbohydrates: 19.3g (7.02%), Sugar: 12.86g (14.29%), Cholesterol: 108.86mg (36.29%), Sodium: 500.8mg (21.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.46g (72.92%), Vitamin B3: 17.79mg (88.93%), Selenium: 55.13µg (78.76%), Vitamin B6: 1.28mg (64.15%), Phosphorus: 361.93mg (36.19%), Vitamin B5: 2.43mg (24.32%), Potassium: 666.45mg (19.04%), Magnesium: 48.37mg (12.09%), Vitamin B2: 0.18mg (10.54%), Vitamin B1: 0.11mg (7.51%), Manganese: 0.15mg (7.34%), Zinc: 1.05mg (7%), Iron: 1.19mg (6.62%), Vitamin C: 4.75mg (5.76%), Vitamin B12: 0.34µg (5.67%), Copper: 0.08mg (4.21%), Calcium: 26.04mg (2.6%), Vitamin E: 0.39mg (2.6%), Vitamin A: 119.48IU (2.39%), Fiber: 0.51g (2.05%), Folate: 7.18µg (1.79%), Vitamin D: 0.17µg (1.13%)