



## Moroccan Chicken Skewers with Herb Sauce

 **Gluten Free**  **Dairy Free**

READY IN



32 min.

SERVINGS



5

CALORIES



141 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup cilantro leaves
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground cumin
- 1.5 teaspoons ground cumin
- 0.5 tablespoon ground ginger
- 0.5 teaspoon ground ginger
- 1.5 teaspoons honey
- 1 tablespoon hungarian paprika

- 1 juice of lime juiced
- 0.5 tablespoon kosher salt
- 1.5 teaspoons kosher salt
- 0.5 cup mint leaves
- 0.5 cup olive oil
- 3 chicken breasts boneless skinless cut into 1-inch cubes
- 1.5 teaspoons sugar
- 40 inch wooden skewers
- 40 inch wooden skewers

## Equipment

- bowl
- blender
- grill
- skewers
- grill pan

## Directions

- Watch how to make this recipe.
- Preheat the grill or grill pan to medium-high heat.
- Combine all of the spices, sugar and salt in a large bowl.
- Add the cubed chicken and toss to coat.
- Put the chicken on the skewers and lay on the grill. Cook until the chicken is cooked through, turning often so that the spices don't burn, about 10 to 12 minutes. Arrange on a serving platter and serve with the Herb Sauce.
- Add the fresh herbs, spices, salt, lime juice, and honey to a blender carafe. Blend to combine and with the motor running, slowly add the olive oil. Once combined, taste and adjust the seasoning if necessary, and transfer to a serving bowl.

## Nutrition Facts



■ PROTEIN 42.28% ■ FAT 41.21% ■ CARBS 16.51%

## Properties

Glycemic Index:36.87, Glycemic Load:1.8, Inflammation Score:-6, Nutrition Score:10.242173969746%

## Flavonoids

Eriodictyol: 1.52mg, Eriodictyol: 1.52mg, Eriodictyol: 1.52mg, Eriodictyol: 1.52mg Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

## Nutrients (% of daily need)

Calories: 140.73kcal (7.04%), Fat: 6.5g (10%), Saturated Fat: 1.05g (6.57%), Carbohydrates: 5.86g (1.95%), Net Carbohydrates: 4.68g (1.7%), Sugar: 3.22g (3.58%), Cholesterol: 43.39mg (14.46%), Sodium: 1478.34mg (64.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15g (30.01%), Vitamin B3: 7.41mg (37.06%), Selenium: 22.26µg (31.8%), Vitamin B6: 0.56mg (27.77%), Vitamin A: 967.73IU (19.35%), Manganese: 0.39mg (19.33%), Phosphorus: 156.17mg (15.62%), Vitamin B5: 1.03mg (10.34%), Potassium: 343.64mg (9.82%), Vitamin E: 1.22mg (8.13%), Iron: 1.46mg (8.11%), Magnesium: 28.67mg (7.17%), Vitamin K: 6.48µg (6.17%), Vitamin B2: 0.1mg (6.1%), Vitamin C: 4.35mg (5.27%), Fiber: 1.18g (4.71%), Vitamin B1: 0.06mg (3.9%), Zinc: 0.58mg (3.89%), Copper: 0.06mg (2.93%), Calcium: 29.27mg (2.93%), Folate: 9.84µg (2.46%), Vitamin B12: 0.14µg (2.26%)