



Moroccan Grilled Chicken Kabobs



Gluten Free



Dairy Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



204 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 pound boneless-skinless chicken cut into small pieces



0.3 teaspoon cayenne



0.1 teaspoon cinnamon



0.5 teaspoon cumin toasted



2 cloves garlic chopped



0.1 teaspoon ginger



2 tablespoons juice of lemon (-)



2 tablespoons olive oil

- ☐ 1 teaspoon paprika
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon turmeric

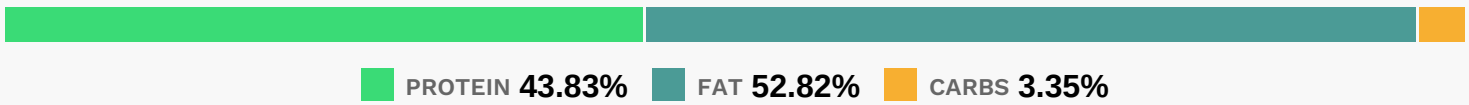
Equipment

- ☐ grill
- ☐ skewers

Directions

- ☐ Marinate the chicken in the mixture of the remaining ingredients for at least 20 minutes to overnight. Skewer the chicken and grill over medium-high heat until cooked, about 4-5 minutes per side.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:0.19, Inflammation Score:-7, Nutrition Score:10.524347751037%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 204.41kcal (10.22%), Fat: 11.85g (18.22%), Saturated Fat: 2.16g (13.52%), Carbohydrates: 1.69g (0.56%), Net Carbohydrates: 1.31g (0.48%), Sugar: 0.28g (0.31%), Cholesterol: 107.73mg (35.91%), Sodium: 247.62mg (10.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.12g (44.24%), Selenium: 25.92µg (37.03%), Vitamin B3: 6.43mg (32.16%), Vitamin B6: 0.54mg (27.22%), Phosphorus: 218.73mg (21.87%), Vitamin B5: 1.39mg (13.94%), Vitamin B2: 0.21mg (12.48%), Vitamin B12: 0.73µg (12.1%), Zinc: 1.79mg (11.93%), Vitamin E: 1.42mg (9.48%), Potassium: 315.4mg (9.01%), Vitamin K: 8.28µg (7.89%), Iron: 1.33mg (7.39%), Vitamin B1: 0.11mg (7.39%), Magnesium: 29.42mg (7.36%), Vitamin A: 330.13IU (6.6%), Manganese: 0.1mg (5%), Vitamin C: 3.53mg (4.28%),

Copper: 0.08mg (3.91%), Calcium: 18.61mg (1.86%), Folate: 6.56µg (1.64%), Fiber: 0.38g (1.52%)