



Mother's Souvlakia



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black
- ☐ 8 button mushrooms
- ☐ 8 large cherry tomatoes
- ☐ 1.5 teaspoons parsley fresh finely chopped
- ☐ 0.5 large bell pepper green cut into 8 (1-inch) pieces
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 2 tablespoons olive oil

- ☐ 0.5 cup onion thinly sliced
- ☐ 0.3 teaspoon oregano dried
- ☐ 0.5 onion red cut into 8 (1-inch) pieces
- ☐ 0.3 teaspoon salt
- ☐ 1 pound chicken breast boneless skinless cut into 32 bite-sized pieces
- ☐ 4 servings tzatziki sauce

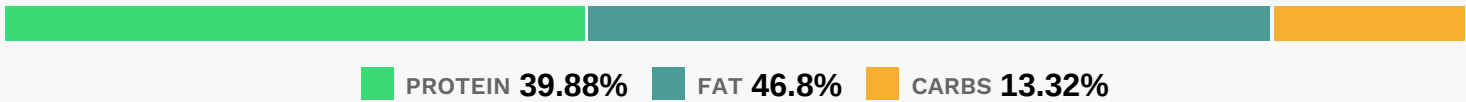
Equipment

- ☐ grill
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ To prepare marinade, combine first 6 ingredients in a large zip-top plastic bag; add chicken. Seal and marinate in refrigerator 3 hours; turn occasionally.
- ☐ Prepare grill.
- ☐ Remove chicken from bag; discard marinade. Thread 4 chicken pieces, 1 piece each red onion and bell pepper, 1 mushroom, and 1 tomato alternately onto each of 8 (10-inch) skewers.
- ☐ Sprinkle with salt and black pepper.
- ☐ Place kabobs on grill rack coated with cooking spray; grill 12 minutes or until chicken is done, turning once.
- ☐ Serve with Tzatziki Sauce.
- ☐ (Totals include Tzatziki Suace.)

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:1.06, Inflammation Score:-6, Nutrition Score:17.629130384196%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Isorhamnetin: 1.69mg, Isorhamnetin: 1.69mg, Isorhamnetin: 1.69mg, Isorhamnetin: 1.69mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.55mg, Quercetin: 7.55mg, Quercetin: 7.55mg, Quercetin: 7.55mg

Nutrients (% of daily need)

Calories: 269.82kcal (13.49%), Fat: 14.19g (21.84%), Saturated Fat: 2.66g (16.65%), Carbohydrates: 9.09g (3.03%), Net Carbohydrates: 7.43g (2.7%), Sugar: 4.61g (5.13%), Cholesterol: 77.58mg (25.86%), Sodium: 434.83mg (18.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.21g (54.43%), Vitamin B3: 13.6mg (68%), Selenium: 40.36µg (57.66%), Vitamin B6: 1.01mg (50.36%), Vitamin C: 29.72mg (36.03%), Phosphorus: 296.53mg (29.65%), Vitamin B5: 2.33mg (23.26%), Potassium: 711.65mg (20.33%), Vitamin B2: 0.3mg (17.52%), Copper: 0.21mg (10.65%), Magnesium: 42.28mg (10.57%), Vitamin E: 1.53mg (10.18%), Vitamin B1: 0.15mg (9.68%), Manganese: 0.16mg (8.25%), Vitamin K: 8.64µg (8.23%), Vitamin A: 384.43IU (7.69%), Zinc: 1mg (6.7%), Fiber: 1.66g (6.63%), Calcium: 63.5mg (6.35%), Folate: 25.01µg (6.25%), Iron: 1.1mg (6.14%), Vitamin B12: 0.24µg (4.05%), Vitamin D: 0.19µg (1.29%)