



## Persian Chicken on Skewers

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 tablespoons bread crumbs dried fine
- 1 large egg yolk
- 1 pound ground chicken
- 0.5 teaspoon ground turmeric dried
- 2 tablespoons onion minced
- 0.3 teaspoon salt

### Equipment

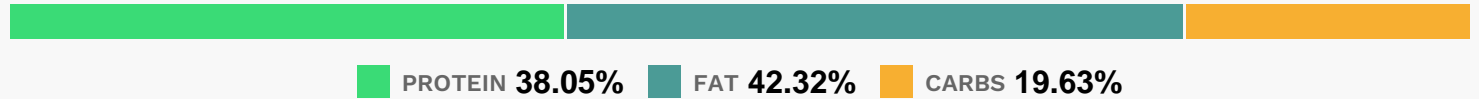
- bowl

- grill
- skewers

## Directions

- In a bowl, mix chicken, crumbs, egg yolk, onion, turmeric, and 1/4 teaspoon salt. Cover and chill at least 30 minutes or up to 1 day.
- Divide chicken mixture into 4 equal portions. Dipping your hands frequently in water to keep mixture from sticking, pat each portion around a skewer (flat metal ones are easiest to handle) to form a log 1 inch thick and about 7 inches long.
- One skewer at a time, lay chicken on a lightly oiled barbecue grill over a solid bed of hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds) and rotate quickly to firm up the surface of the meat. When all skewers are on the grill, close lid of gas grill. Rotate skewers every 2 to 3 minutes until meat is lightly browned and firm, not squishy, at skewer (cut to test), about 10 minutes total.
- Cut or push meat off skewers.
- Add salt to taste.

## Nutrition Facts



## Properties

Glycemic Index:8, Glycemic Load:0.11, Inflammation Score:-9, Nutrition Score:11.807826057724%

## Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

## Nutrients (% of daily need)

Calories: 237.98kcal (11.9%), Fat: 11.14g (17.13%), Saturated Fat: 3.21g (20.03%), Carbohydrates: 11.62g (3.87%), Net Carbohydrates: 10.81g (3.93%), Sugar: 1.17g (1.3%), Cholesterol: 143.42mg (47.81%), Sodium: 325.52mg (14.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.53g (45.06%), Vitamin B3: 7.34mg (36.68%), Vitamin B6: 0.62mg (31.21%), Selenium: 17.76µg (25.38%), Phosphorus: 245.29mg (24.53%), Vitamin B2: 0.36mg (21.07%), Vitamin B1: 0.28mg (18.59%), Potassium: 639.61mg (18.27%), Vitamin B5: 1.45mg (14.54%), Zinc: 2mg (13.35%), Vitamin B12: 0.77µg (12.84%), Iron: 1.89mg (10.48%), Manganese: 0.18mg (9.24%), Magnesium: 31.46mg (7.87%),

Folate: 24.44µg (6.11%), Copper: 0.12mg (5.94%), Calcium: 41.43mg (4.14%), Fiber: 0.81g (3.25%), Vitamin E: 0.44mg (2.91%), Vitamin K: 1.98µg (1.89%), Vitamin D: 0.23µg (1.53%), Vitamin A: 61.38IU (1.23%)