



Pickapeppa Chicken and Mango Kebabs

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

READY IN



45 min.

SERVINGS



4

CALORIES



218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups pieces bell pepper red (1-inch)
- 2 garlic cloves minced
- 0.3 cup pickapeppa sauce
- 2 cups mangos cubed (1-inch)
- 1 pound chicken breast halves boneless skinless cut into 1-inch pieces

Equipment

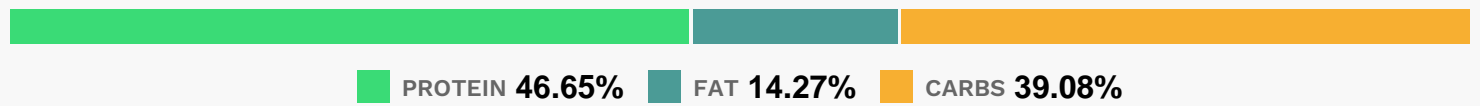
- grill
- ziploc bags

skewers

Directions

- Combine chicken, Pickapeppa sauce, and garlic in a large zip-top plastic bag. Seal bag. Refrigerate 2 hours. Preheat grill to medium-high heat.
- Remove chicken from marinade; discard marinade. Thread chicken, mango, and red bell pepper alternately onto each of 8 (12-inch) skewers.
- Place skewers on grill rack coated with cooking spray; grill 10 minutes or until chicken is done, turning occasionally.

Nutrition Facts



Properties

Glycemic Index:28.44, Glycemic Load:6.8, Inflammation Score:-10, Nutrition Score:23.027826122616%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 218.42kcal (10.92%), Fat: 3.5g (5.38%), Saturated Fat: 0.76g (4.78%), Carbohydrates: 21.55g (7.18%), Net Carbohydrates: 18.63g (6.78%), Sugar: 17.86g (19.85%), Cholesterol: 72.57mg (24.19%), Sodium: 313.04mg (13.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.72g (51.43%), Vitamin C: 127.22mg (154.2%), Vitamin B3: 13.12mg (65.6%), Vitamin A: 3259.4IU (65.19%), Vitamin B6: 1.18mg (59.15%), Selenium: 37.07µg (52.96%), Phosphorus: 271.35mg (27.14%), Potassium: 721.38mg (20.61%), Vitamin B5: 2.02mg (20.24%), Folate: 74.33µg (18.58%), Vitamin E: 2.14mg (14.24%), Vitamin B2: 0.21mg (12.34%), Magnesium: 47.05mg (11.76%), Fiber: 2.92g (11.66%), Vitamin B1: 0.14mg (9.26%), Manganese: 0.18mg (8.88%), Vitamin K: 7.37µg (7.02%), Copper: 0.14mg (6.97%), Zinc: 0.94mg (6.24%), Iron: 0.9mg (4.99%), Vitamin B12: 0.23µg (3.78%), Calcium: 22.67mg (2.27%)