



Pineapple-Chicken Kabobs

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



95 min.

SERVINGS



35

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup lite balsamic vinaigrette dressing divided kraft
- 1 pineapple fresh cut into 1-1/2-inch chunks
- 1 bell pepper green red cut into 1-1/2-inch pieces
- 1 lb chicken breasts boneless skinless cut into 1-1/2-inch pieces

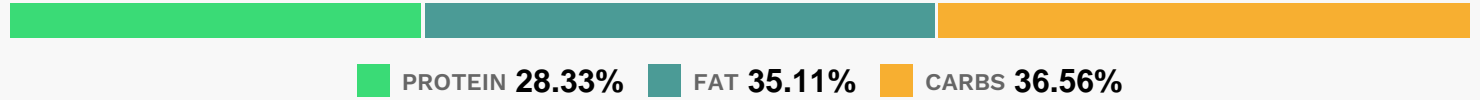
Equipment

- grill
- skewers

Directions

- Thread chicken, peppers and pineapple alternately onto 4 skewers.
- Reserve 1/4 cup dressing; brush kabobs with remaining dressing. Refrigerate 1 hour.
- Heat grill to medium heat. Grill kabobs 12 to 15 min. or until chicken is done, turning occasionally and brushing with reserved dressing.

Nutrition Facts



Properties

Glycemic Index:1.96, Glycemic Load:1.78, Inflammation Score:-1, Nutrition Score:3.1447825678017%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 40.74kcal (2.04%), Fat: 1.61g (2.48%), Saturated Fat: 0.19g (1.19%), Carbohydrates: 3.77g (1.26%), Net Carbohydrates: 3.35g (1.22%), Sugar: 2.74g (3.05%), Cholesterol: 8.29mg (2.76%), Sodium: 45.74mg (1.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.84%), Vitamin C: 15.25mg (18.48%), Manganese: 0.25mg (12.29%), Vitamin B3: 1.5mg (7.49%), Vitamin B6: 0.13mg (6.68%), Selenium: 4.17µg (5.96%), Phosphorus: 29.96mg (3%), Vitamin B5: 0.24mg (2.43%), Potassium: 82.09mg (2.35%), Vitamin B1: 0.03mg (2.04%), Copper: 0.03mg (1.71%), Magnesium: 6.81mg (1.7%), Fiber: 0.42g (1.68%), Folate: 5.51µg (1.38%), Vitamin B2: 0.02mg (1.31%)