



Rosemary Chicken Kabobs

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pt cherry tomatoes
- ☐ 1 pound skinned and boned chicken breasts cut into 2-inch pieces
- ☐ 1 teaspoon dijon mustard
- ☐ 8 oz mushrooms fresh
- ☐ 1 tablespoon rosemary leaves fresh
- ☐ 4 garlic cloves pressed
- ☐ 1 large bell pepper green cut into 2-inch pieces
- ☐ 0.3 cup olive oil

- ☐ 0.3 cup red wine vinegar
- ☐ 1 teaspoon salt
- ☐ 6 inch metal skewers
- ☐ 6 inch metal skewers

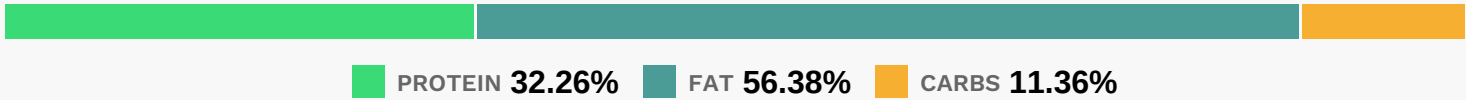
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ skewers

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat.
- ☐ Whisk together first 6 ingredients in a small bowl.
- ☐ Pour half of olive oil mixture into a shallow bowl or zip-top plastic freezer bag; add chicken, turning to coat. Cover or seal, and let stand 10 minutes.
- ☐ Pour remaining olive oil mixture into another bowl or freezer bag; add bell pepper, tomatoes, and mushrooms, and toss to coat; cover or seal, and let stand 10 minutes.
- ☐ Remove chicken and vegetables from marinade, discarding marinade. Thread chicken onto 8 skewers. Thread vegetables alternately onto remaining 8 skewers.
- ☐ Grill kabobs, covered with grill lid, 10 to 12 minutes or until chicken is done and vegetables are tender, turning occasionally.
- ☐ Remove kabobs from grill.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.81, Inflammation Score:-7, Nutrition Score:23.424782638964%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.97mg, Luteolin: 1.97mg, Luteolin: 1.97mg, Luteolin: 1.97mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 340.03kcal (17%), Fat: 21.42g (32.95%), Saturated Fat: 3.22g (20.11%), Carbohydrates: 9.71g (3.24%), Net Carbohydrates: 7.43g (2.7%), Sugar: 5.1g (5.67%), Cholesterol: 72.57mg (24.19%), Sodium: 746.33mg (32.45%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 27.57g (55.14%), Vitamin C: 63.64mg (77.13%), Vitamin B3: 14.73mg (73.66%), Selenium: 43µg (61.43%), Vitamin B6: 1.13mg (56.67%), Phosphorus: 336.08mg (33.61%), Potassium: 954.82mg (27.28%), Vitamin B5: 2.68mg (26.84%), Vitamin E: 3.63mg (24.23%), Vitamin B2: 0.38mg (22.57%), Copper: 0.34mg (17.03%), Vitamin K: 17.48µg (16.65%), Vitamin A: 779.95IU (15.6%), Manganese: 0.29mg (14.44%), Magnesium: 51.95mg (12.99%), Vitamin B1: 0.19mg (12.87%), Iron: 1.95mg (10.81%), Fiber: 2.28g (9.12%), Folate: 34.38µg (8.59%), Zinc: 1.23mg (8.18%), Vitamin B12: 0.25µg (4.16%), Calcium: 34.02mg (3.4%), Vitamin D: 0.23µg (1.51%)