



Rosemary Chicken Skewers with Berry Sauce



Gluten Free



Dairy Free



Popular

READY IN



100 min.

SERVINGS



4

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds breasts boneless , skin on
- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 teaspoon pepper
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1.8 cup blackberries fresh
- ☐ 1 tablespoon apple cider vinegar
- ☐ 2 tablespoons currant jelly red (or berry jam or jelly)

- ☐ 0.3 teaspoon ground nutmeg

Equipment

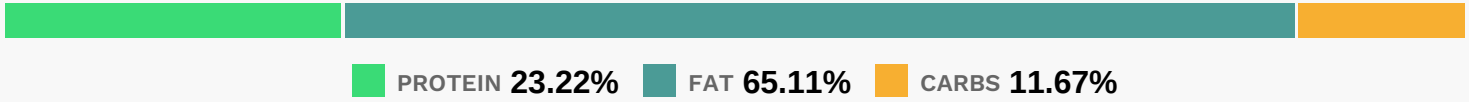
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ grill
- ☐ aluminum foil
- ☐ broiler
- ☐ skewers

Directions

- ☐ Cut the chicken into 1 1/2 inch pieces and place in a bowl.
- ☐ Mix with the wine, oil, rosemary, and pepper. Cover and set aside to marinate in the refrigerator for one hour.
- ☐ Remove the chicken pieces from the marinade, reserving the marinade. Thread the chicken onto skewers and season generously with salt.
- ☐ Grill OR broil chicken: To grill, preheat the grill for direct high heat.
- ☐ Brush the grill grates with olive oil.
- ☐ Place chicken skewers on grill and cook for 8 to 10 minutes, 4 to 5 minutes per side.
- ☐ Place on a platter and cover with foil to allow the chicken to rest.
- ☐ To broil, preheat the broiler.
- ☐ Place skewers on an oiled broiling pan, 5 to 6 inches away from the burner. Cook for 8 to 10 minutes, 4 to 5 minutes per side.
- ☐ Place on a platter and cover with foil to allow the chicken to rest.
- ☐ Place the marinade and the berries in a sauce pan and simmer gently until the berries are soft. Press through a strainer and discard the pulp.
- ☐ Make the sauce: Return the juice and marinade mixture to the pan.

- ☐
- Add the vinegar, jelly, and nutmeg and bring to a boil. Simmer, uncovered until it has reduced by about 1/3 to a light syrup-like consistency.
- ☐
- Serve: To serve, plate the skewers and spoon the sauce over the chicken.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:59.25, Glycemic Load:4.57, Inflammation Score:-6, Nutrition Score:16.676087001096%

Flavonoids

Cyanidin: 62.97mg, Cyanidin: 62.97mg, Cyanidin: 62.97mg, Cyanidin: 62.97mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 23.46mg, Catechin: 23.46mg, Catechin: 23.46mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 505.59kcal (25.28%), Fat: 35.69g (54.91%), Saturated Fat: 8.66g (54.13%), Carbohydrates: 14.38g (4.79%), Net Carbohydrates: 10.64g (3.87%), Sugar: 8.12g (9.02%), Cholesterol: 166.7mg (55.57%), Sodium: 136.26mg (5.92%), Alcohol: 1.54g (100%), Alcohol %: 0.72% (100%), Protein: 28.64g (57.28%), Selenium: 32.31µg (46.15%), Vitamin B3: 8.34mg (41.71%), Vitamin B6: 0.62mg (30.84%), Phosphorus: 289.23mg (28.92%), Manganese: 0.54mg (27.1%), Vitamin K: 21.14µg (20.13%), Vitamin B5: 1.93mg (19.26%), Vitamin B12: 1.09µg (18.14%), Vitamin C: 14.33mg (17.37%), Zinc: 2.5mg (16.69%), Fiber: 3.74g (14.97%), Vitamin B2: 0.25mg (14.9%), Vitamin E: 2.12mg (14.13%), Potassium: 485.68mg (13.88%), Magnesium: 49mg (12.25%), Copper: 0.21mg (10.63%), Iron: 1.79mg (9.92%), Vitamin B1: 0.14mg (9.48%), Vitamin A: 299.6IU (5.99%), Folate: 23.37µg (5.84%), Calcium: 41.18mg (4.12%), Vitamin D: 0.17µg (1.13%)