



Rosemary Lemon Chicken Skewers with Dijon Mayo



Gluten Free



Dairy Free



Popular

READY IN



150 min.

SERVINGS



4

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp olive oil extra virgin
- ☐ 1 tbsp rosemary leaves fresh chopped
- ☐ 1 clove garlic fresh minced
- ☐ 1 tsp honey
- ☐ 0.5 cup juice of lemon fresh
- ☐ 1 tbsp lemon zest
- ☐ 0.3 cup mayonnaise

- ☐ 8 rosemary leaves fresh (10-12 inches long each)
- ☐ 4 servings salt and pepper
- ☐ 2 chicken breast boneless skinless (1 lb. total)
- ☐ 1.5 tbsp coarse mustard whole divided

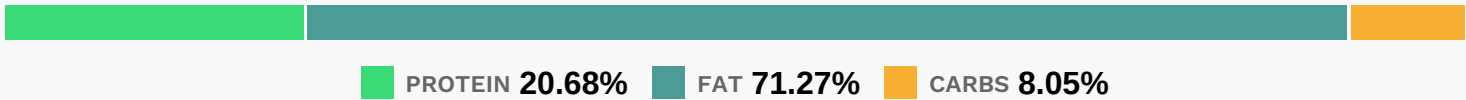
Equipment

- ☐ skewers

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Rosemary Lemon Chicken Skewers with Dijon Mayo
- ☐ Ingredients2 boneless skinless chicken breasts (about 1 lb. total)8 fresh rosemary stems (10-12 inches long each) 1/2 cup fresh lemon juice2 tbsp extra virgin olive oil1 tbsp lemon zest1 1/2 tbsp whole grain Dijon mustard, divided1 tsp honey1 clove fresh garlic, minced1 tbsp fresh rosemary leaves, chopped 1/4 cup mayonnaise
- ☐ Salt and pepper
- ☐ Prep Time: 2 Hours 15 Minutes
- ☐ Cook Time: 10 - 15 Minutes
- ☐ Total Time: 2 Hours 30 Minutes
- ☐ Servings: 4 skewers
- ☐ Kosher Key: Meat

Nutrition Facts



Properties

Glycemic Index:41.07, Glycemic Load:0.88, Inflammation Score:-5, Nutrition Score:8.9969565946123%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 1.02mg, Naringenin: 1.02mg, Naringenin: 1.02mg, Naringenin: 1.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 241.95kcal (12.1%), Fat: 19.35g (29.77%), Saturated Fat: 3.02g (18.88%), Carbohydrates: 4.91g (1.64%), Net Carbohydrates: 4.06g (1.48%), Sugar: 2.44g (2.71%), Cholesterol: 42.04mg (14.01%), Sodium: 411.47mg (17.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.63g (25.26%), Vitamin B3: 5.99mg (29.94%), Selenium: 20.48µg (29.25%), Vitamin K: 27.24µg (25.95%), Vitamin B6: 0.46mg (23.13%), Vitamin C: 15.21mg (18.44%), Phosphorus: 133.1mg (13.31%), Vitamin E: 1.64mg (10.96%), Vitamin B5: 0.92mg (9.16%), Potassium: 274.33mg (7.84%), Magnesium: 22.02mg (5.5%), Vitamin B2: 0.07mg (4.34%), Vitamin B1: 0.06mg (3.92%), Manganese: 0.07mg (3.71%), Fiber: 0.85g (3.41%), Iron: 0.59mg (3.26%), Folate: 12.35µg (3.09%), Zinc: 0.44mg (2.93%), Vitamin B12: 0.13µg (2.16%), Calcium: 20.67mg (2.07%), Vitamin A: 103.6IU (2.07%), Copper: 0.04mg (1.93%)