



Rosemary Ranch Chicken Kabobs

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

READY IN



60 min.

SERVINGS



6

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon rosemary fresh minced
- 0.3 teaspoon ground pepper black to taste
- 1 teaspoon juice of lemon
- 0.5 cup olive oil
- 0.5 cup ranch dressing
- 2 teaspoons salt
- 5 chicken breast halves boneless skinless cut into 1 inch cubes
- 1 teaspoon vinegar white

3 tablespoons worcestershire sauce

Equipment

bowl

grill

skewers

Directions

In a medium bowl, stir together the olive oil, ranch dressing, Worcestershire sauce, rosemary, salt, lemon juice, white vinegar, pepper, and sugar.

Let stand for 5 minutes.

Place chicken in the bowl, and stir to coat with the marinade. Cover and refrigerate for 30 minutes.

Preheat the grill for medium-high heat. Thread chicken onto skewers and discard marinade.

Lightly oil the grill grate. Grill skewers for 8 to 12 minutes, or until the chicken is no longer pink in the center, and the juices run clear.

Nutrition Facts



PROTEIN 35.61% **FAT 59.13%** **CARBS 5.26%**

Properties

Glycemic Index:13.67, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:11.356086970671%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 232.7kcal (11.63%), Fat: 14.96g (23.02%), Saturated Fat: 2.43g (15.21%), Carbohydrates: 2.99g (1%), Net Carbohydrates: 2.92g (1.06%), Sugar: 1.81g (2.01%), Cholesterol: 65.47mg (21.82%), Sodium: 1175.29mg (51.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.28g (40.56%), Vitamin B3: 9.9mg (49.48%), Selenium: 30.89µg (44.12%), Vitamin B6: 0.71mg (35.65%), Vitamin K: 29.38µg (27.98%), Phosphorus: 240.5mg (24.05%),

Vitamin B5: 1.51mg (15.06%), Potassium: 433.62mg (12.39%), Vitamin E: 1.15mg (7.67%), Vitamin B2: 0.12mg (7.26%), Magnesium: 27.11mg (6.78%), Iron: 0.92mg (5.09%), Vitamin B1: 0.07mg (4.64%), Zinc: 0.6mg (4.02%), Vitamin B12: 0.22µg (3.71%), Vitamin C: 2.63mg (3.19%), Copper: 0.05mg (2.46%), Calcium: 21.45mg (2.14%), Manganese: 0.04mg (1.95%), Folate: 5.79µg (1.45%), Vitamin A: 52.82IU (1.06%)