



Rum-Glazed Pineapple, Mango, and Chicken Kebabs

 **Gluten Free**  **Dairy Free** Image not found or type unknown

READY IN

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ready

45 min.

SERVINGS

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servings

6

CALORIES

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calories

276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cider vinegar
- ☐ 2 teaspoons cornstarch
- ☐ 0.3 cup rum dark
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons jalapeno seeded finely chopped
- ☐ 1.5 teaspoons lime rind grated
- ☐ 2 mangoes peeled cut into 9 1-inch cubes

- ☐ 1 inch pineapple fresh
- ☐ 0.8 cup pineapple juice
- ☐ 1 teaspoon salt
- ☐ 1.5 pounds chicken breast boneless skinless cut into 30 cubes
- ☐ 0.3 cup sugar
- ☐ 1.5 tablespoons vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ grill
- ☐ skewers

Directions

- ☐ Prepare grill.
- ☐ Combine first 4 ingredients in a medium saucepan; bring to a boil. Reduce heat; simmer 5 minutes.
- ☐ Combine vinegar and cornstarch in a small bowl.
- ☐ Add cornstarch mixture to pan; bring to a boil. Cook 1 minute, stirring constantly.
- ☐ Let stand 5 minutes. Stir in cilantro and rind.
- ☐ Thread 5 chicken cubes, 3 mango cubes, and 3 pineapple cubes alternately onto each of 6 (12-inch) skewers.
- ☐ Brush kebabs with oil; sprinkle with salt.
- ☐ Place kebabs on grill rack coated with cooking spray; cook for 4 minutes. Turn kebabs; brush with half of glaze. Cook 4 minutes. Turn kebabs; brush with remaining glaze. Cook 2 minutes, turning once.

Nutrition Facts



Properties

Glycemic Index:62.92, Glycemic Load:12.43, Inflammation Score:-7, Nutrition Score:16.460000022598%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 276.46kcal (13.82%), Fat: 6.68g (10.28%), Saturated Fat: 1.23g (7.7%), Carbohydrates: 23.52g (7.84%), Net Carbohydrates: 22.18g (8.07%), Sugar: 20.98g (23.31%), Cholesterol: 72.57mg (24.19%), Sodium: 521mg (22.65%), Alcohol: 3.34g (100%), Alcohol %: 1.74% (100%), Protein: 24.8g (49.6%), Vitamin B3: 12.42mg (62.09%), Selenium: 36.83µg (52.61%), Vitamin B6: 0.98mg (49.14%), Vitamin C: 35.74mg (43.32%), Phosphorus: 252.33mg (25.23%), Vitamin B5: 1.79mg (17.87%), Vitamin A: 845.47IU (16.91%), Potassium: 590.2mg (16.86%), Manganese: 0.23mg (11.41%), Vitamin K: 10.81µg (10.3%), Folate: 41.06µg (10.27%), Magnesium: 40.94mg (10.24%), Vitamin B2: 0.15mg (8.93%), Vitamin E: 1.3mg (8.69%), Vitamin B1: 0.11mg (7.48%), Copper: 0.13mg (6.72%), Fiber: 1.33g (5.33%), Zinc: 0.77mg (5.12%), Vitamin B12: 0.23µg (3.78%), Iron: 0.66mg (3.67%), Calcium: 18.52mg (1.85%)