



## SHAKE 'N BAKE Chicken Nugget Kabobs

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups cheddar cheese cubes kraft
- 1.5 cups cherry tomatoes
- 8 oz pineapple chunks in juice drained canned
- 1.5 lb chicken breasts boneless skinless cut into 1-1/2 to 2-inch pieces
- 1 pkt. shake 'n bake extra seasoned coating mix crispy
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### Equipment

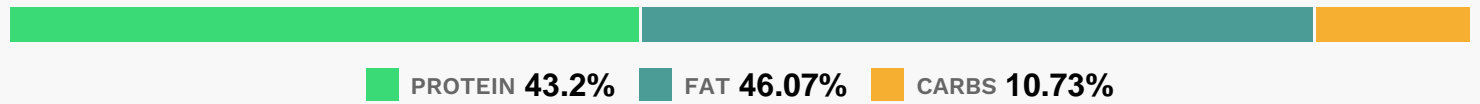
- frying pan

- oven
- wooden skewers

## Directions

- Heat oven to 400F.
- Moisten chicken with water; shake off excess water.
- Add 3 or 4 chicken pieces at a time to coating mix in shaker bag; shake to evenly coat.
- Place chicken in 15x10x1-inch pan. Discard any remaining coating mix.
- Bake chicken 15 min. or until done.
- Arrange 3 cooked chicken nuggets, 3 cheese cubes, 2 tomatoes and 1 pineapple chunk on each of 12 (9-inch) wooden skewers.

## Nutrition Facts



## Properties

Glycemic Index:4.5, Glycemic Load:0.25, Inflammation Score:-6, Nutrition Score:17.491739086483%

## Flavonoids

Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 312.34kcal (15.62%), Fat: 15.83g (24.35%), Saturated Fat: 7.88g (49.27%), Carbohydrates: 8.29g (2.76%), Net Carbohydrates: 7.54g (2.74%), Sugar: 6.44g (7.16%), Cholesterol: 110.24mg (36.75%), Sodium: 382.36mg (16.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.4g (66.79%), Selenium: 47.28µg (67.55%), Vitamin B3: 12.15mg (60.76%), Vitamin B6: 0.93mg (46.66%), Phosphorus: 423.73mg (42.37%), Calcium: 282.12mg (28.21%), Vitamin B5: 1.82mg (18.2%), Vitamin B2: 0.3mg (17.39%), Potassium: 576.65mg (16.48%), Vitamin C: 13.41mg (16.25%), Zinc: 2.13mg (14.2%), Vitamin A: 612.49IU (12.25%), Magnesium: 48.68mg (12.17%), Vitamin B12: 0.63µg (10.43%), Vitamin B1: 0.14mg (9.03%), Copper: 0.11mg (5.57%), Folate: 19.18µg (4.79%), Vitamin E: 0.71mg (4.76%), Iron: 0.84mg (4.66%), Fiber: 0.75g (3.01%), Manganese: 0.06mg (2.99%), Vitamin K: 2.44µg (2.32%), Vitamin D: 0.34µg (2.26%)