



Shish Tawook Marinated Chicken

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 3 cloves garlic minced
- ☐ 1.5 teaspoons garlic powder
- ☐ 1.5 teaspoons ground allspice
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 tablespoons catsup
- ☐ 1 cup yogurt plain low-fat
- ☐ 0.5 cup mayonnaise

- ☐ 2 tablespoons mustard prepared
- ☐ 2 teaspoons paprika
- ☐ 0.3 teaspoon salt
- ☐ 3 pounds chicken breast halves boneless skinless cut into bite-size pieces
- ☐ 3 tablespoons vegetable oil

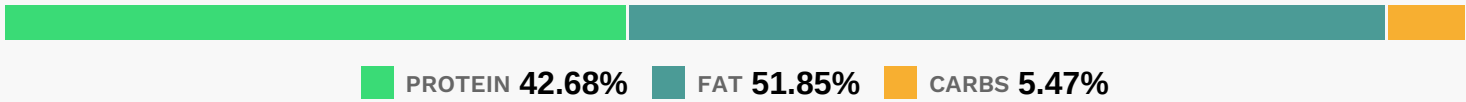
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ In a medium bowl, stir together oil, yogurt, ketchup, and mustard. Season with garlic powder, paprika, allspice, black pepper, cinnamon, and curry powder. Stir in chicken pieces, coating all sides with marinade. Cover bowl, and refrigerate overnight.
- ☐ To make dipping sauce, mix together mayonnaise, yogurt, garlic, and salt. Cover, and refrigerate.
- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Transfer chicken pieces to a shallow baking dish.
- ☐ Bake in a preheated oven 30 minutes.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:0.31, Inflammation Score:-6, Nutrition Score:25.679565149805%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 487.95kcal (24.4%), Fat: 27.59g (42.45%), Saturated Fat: 4.96g (31.01%), Carbohydrates: 6.55g (2.18%), Net Carbohydrates: 5.8g (2.11%), Sugar: 4.22g (4.69%), Cholesterol: 155.44mg (51.81%), Sodium: 609.03mg (26.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.1g (102.2%), Vitamin B3: 23.9mg (119.51%), Selenium: 76.55µg (109.35%), Vitamin B6: 1.78mg (88.93%), Phosphorus: 554.07mg (55.41%), Vitamin K: 44.55µg (42.43%), Vitamin B5: 3.56mg (35.57%), Potassium: 997.96mg (28.51%), Vitamin B2: 0.34mg (20.05%), Magnesium: 72.3mg (18.07%), Vitamin E: 1.91mg (12.71%), Vitamin B1: 0.18mg (12.28%), Zinc: 1.82mg (12.17%), Vitamin B12: 0.7µg (11.74%), Calcium: 101.23mg (10.12%), Vitamin A: 462.55IU (9.25%), Manganese: 0.16mg (7.83%), Iron: 1.28mg (7.1%), Copper: 0.1mg (4.83%), Vitamin C: 3.96mg (4.79%), Folate: 16.23µg (4.06%), Fiber: 0.76g (3.02%), Vitamin D: 0.26µg (1.76%)