



Simmering Chicken Strawberry Kabobs

 Gluten Free

READY IN



105 min.

SERVINGS



6

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons brown sugar
- 1 cup butter melted
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- 1 cup juice of lemon
- 16 2 (8 ounce) cans pineapple chunks canned
- 6 servings salt and pepper to taste
- 3 chicken breast halves boneless skinless cubed

- 24 large strawberries

Equipment

- bowl
- grill
- skewers
- wooden skewers

Directions

- In a shallow glass bowl combine lemon juice, juice from pineapple can, salt, pepper and 1 teaspoon cinnamon.
- Mix together.
- Add cubed chicken and marinate for 1 hour in the refrigerator.
- Preheat grill for medium heat and lightly oil the grate. Soak wooden skewers, if you're using them.
- Combine the melted butter, 1 teaspoon cinnamon, brown sugar, and nutmeg in a small bowl.
- Using metal or soaked wooden skewers, arrange chicken, pineapple chunks, and strawberries on each stick (approximately 4 to 6 pieces of each item per skewer).
- Brush kabobs with butter mixture.
- Place the kabobs on the hot grill. Cook, turning on all sides, until chicken is cooked through and strawberries are sizzling, approximately 8 to 10 minutes.

Nutrition Facts



PROTEIN 12.86% **FAT 71.44%** **CARBS 15.7%**

Properties

Glycemic Index:27.5, Glycemic Load:2.54, Inflammation Score:-7, Nutrition Score:14.863043572592%

Flavonoids

Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 26.84mg, Pelargonidin:

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Nutrients (% of daily need)

Calories: 399.38kcal (19.97%), Fat: 32.7g (50.31%), Saturated Fat: 19.89g (124.3%), Carbohydrates: 16.16g (5.39%), Net Carbohydrates: 13.42g (4.88%), Sugar: 10.7g (11.89%), Cholesterol: 117.5mg (39.17%), Sodium: 505.35mg (21.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.25g (26.49%), Vitamin C: 80.21mg (97.22%), Vitamin B3: 6.39mg (31.94%), Manganese: 0.56mg (27.97%), Selenium: 19.02µg (27.17%), Vitamin B6: 0.5mg (24.95%), Vitamin A: 981.45IU (19.63%), Phosphorus: 158.39mg (15.84%), Potassium: 437.96mg (12.51%), Fiber: 2.74g (10.96%), Vitamin B5: 1.04mg (10.43%), Folate: 37.92µg (9.48%), Vitamin E: 1.38mg (9.17%), Magnesium: 33.7mg (8.43%), Vitamin B2: 0.1mg (5.9%), Vitamin B1: 0.08mg (5.18%), Vitamin K: 5.36µg (5.11%), Iron: 0.8mg (4.42%), Calcium: 42.78mg (4.28%), Copper: 0.08mg (4.21%), Zinc: 0.56mg (3.71%), Vitamin B12: 0.18µg (2.96%)