



Sizzlin' Chicken Skewers

 **Gluten Free**  **Dairy Free**

READY IN



137 min.

SERVINGS



17

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup original barbecue sauce kraft
- 0.3 cup creamy peanut butter
- 0.3 cup cilantro leaves fresh chopped
- 2 Tbsp grey poupon savory honey mustard
- 1 lb chicken breasts boneless skinless cut into 12 thin strips
- 0.3 cup lite soy sauce
- 0.3 cup water hot

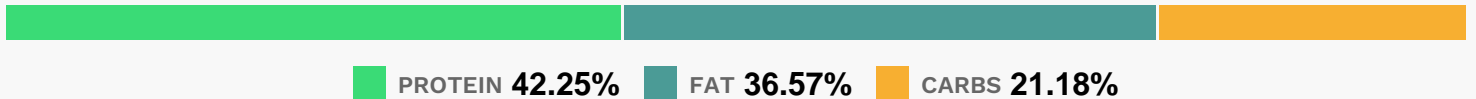
Equipment

- bowl
- whisk
- grill
- ziploc bags
- skewers

Directions

- Mix water, barbecue sauce, peanut butter, soy sauce, cilantro and mustard in medium bowl with wire whisk. Refrigerate half of the mixture to use as a dipping sauce.
- Pour remaining mixture into large resealable plastic bag.
- Add chicken; seal bag. Shake gently to coat chicken. Refrigerate 1 to 2 hours to marinate.
- Preheat grill to medium-high heat. Thread chicken onto 12 skewers in ribbon fashion; discard any remaining marinade in bag.
- Grill 5 to 7 min. or until chicken is cooked through.
- Serve with the reserved dipping sauce.

Nutrition Facts



Properties

Glycemic Index:3.59, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:3.6047826279765%

Flavonoids

Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 65.93kcal (3.3%), Fat: 2.66g (4.09%), Saturated Fat: 0.54g (3.35%), Carbohydrates: 3.47g (1.16%), Net Carbohydrates: 3.21g (1.17%), Sugar: 2.21g (2.45%), Cholesterol: 17.08mg (5.69%), Sodium: 290.29mg (12.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.83%), Vitamin B3: 3.45mg (17.25%), Selenium: 8.78µg (12.54%), Vitamin B6: 0.23mg (11.35%), Phosphorus: 74.28mg (7.43%), Vitamin B5: 0.44mg (4.42%), Manganese: 0.08mg (4.15%), Potassium: 138.34mg (3.95%), Magnesium: 15.37mg (3.84%), Vitamin E: 0.44mg (2.91%), Vitamin B2: 0.04mg (2.46%), Zinc: 0.27mg (1.83%), Vitamin B1: 0.03mg (1.7%), Copper: 0.03mg (1.6%), Iron: 0.28mg (1.54%), Folate: 5.17µg (1.29%), Fiber: 0.25g (1.02%)