



Skewered Eyeballs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 4 small olives black pitted halved
- ☐ 0.5 teaspoon pepper black freshly ground for seasoning
- ☐ 8 round carrot
- ☐ 16 cremini mushrooms
- ☐ 2 tablespoons sage leaves fresh chopped
- ☐ 1.5 teaspoons kosher salt
- ☐ 3 tablespoons juice of lemon fresh

- ☐ 0.7 cup olive oil
- ☐ 4 large pimento-stuffed olives green halved
- ☐ 1.3 pounds chicken breasts boneless skinless cut into 16 bite-size pieces (2 small breasts)

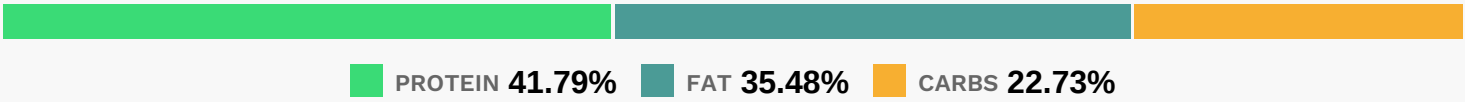
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ broiler
- ☐ cutting board
- ☐ broiler pan

Directions

- ☐ Soak 16 round, wooden toothpicks in water for 30 minutes.
- ☐ Whisk together olive oil, lemon juice, vinegar, sage and 1/2 tsp. each salt and pepper.
- ☐ Pour half into a separate bowl.
- ☐ Add chicken to one bowl and mushrooms to other. Toss; let sit for 30 minutes.
- ☐ Remove chicken from marinade and season with 1 tsp. salt and pepper to taste. To make an "eyeball," place a cube of chicken on cutting board and push toothpick through. Push mushroom onto toothpick, cap side down; center carrot round on toothpick and push into indentation in mushroom to make "iris." Finally, center black olive half on toothpick and push onto carrot to make "pupil." Make 8 "eyeballs" this way. For other 8, omit carrot and black olive and push green olive half into indentation in mushroom. Discard chicken marinade; reserve mushroom marinade. ("Eyeballs" can be made up to this point and kept, covered, in refrigerator for up to 8 hours.)
- ☐ Preheat broiler.
- ☐ Place "eyeballs" on a broiler pan. Position in oven so that chicken is 6 inches from heat source. Broil until chicken is cooked through, basting occasionally with mushroom marinade, 6 to 8 minutes. Arrange on a platter, in pairs, to look like a plate full of shifty eyes.

Nutrition Facts



Properties

Glycemic Index:8.05, Glycemic Load:1.15, Inflammation Score:-10, Nutrition Score:15.21347822832%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 79.74kcal (3.99%), Fat: 3.16g (4.87%), Saturated Fat: 0.53g (3.28%), Carbohydrates: 4.56g (1.52%), Net Carbohydrates: 3.44g (1.25%), Sugar: 2.17g (2.41%), Cholesterol: 22.68mg (7.56%), Sodium: 313.14mg (13.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.39g (16.77%), Copper: 2.4mg (120.06%), Vitamin A: 5114.33IU (102.29%), Vitamin B3: 4.76mg (23.82%), Selenium: 16.59µg (23.71%), Vitamin B6: 0.33mg (16.58%), Phosphorus: 110.15mg (11.02%), Potassium: 328.38mg (9.38%), Vitamin B2: 0.15mg (8.98%), Vitamin B5: 0.89mg (8.93%), Manganese: 0.16mg (8.17%), Vitamin K: 5.31µg (5.06%), Fiber: 1.12g (4.47%), Vitamin B1: 0.07mg (4.35%), Magnesium: 16.69mg (4.17%), Vitamin E: 0.61mg (4.07%), Vitamin C: 3.31mg (4.02%), Zinc: 0.52mg (3.45%), Folate: 12.85µg (3.21%), Iron: 0.43mg (2.39%), Calcium: 22.53mg (2.25%), Vitamin B12: 0.09µg (1.51%)