



Skewers of Rosemary Chicken and Zucchini

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

READY IN



45 min.

SERVINGS



6

CALORIES



191 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 1.5 tablespoons rosemary fresh chopped
- 2 teaspoons garlic divided minced
- 2 tablespoons juice of lemon fresh
- 2 tablespoons lemon rind grated
- 2 tablespoons olive oil extra-virgin divided
- 0.8 teaspoon salt
- 1.5 pounds chicken breast boneless skinless cut into 3/4-inch pieces

1.3 pounds zucchini cut into 3/4-inch pieces

Equipment

whisk

grill

ziploc bags

skewers

Directions

Place rind, rosemary, 1 tablespoon oil, and 1 teaspoon garlic in a large zip-top plastic bag.

Add chicken; seal bag and refrigerate 1 hour.

Prepare grill.

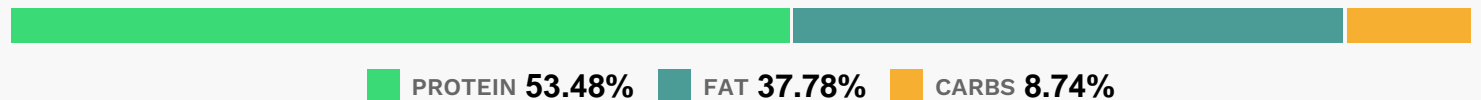
Combine 1 tablespoon oil, 1 teaspoon garlic, juice, salt, and pepper, stirring with a whisk.

Thread chicken and zucchini alternately onto each of 12 (12-inch) skewers.

Place kebabs on grill rack coated with cooking spray, and grill 12 minutes or until chicken is done, turning once.

Drizzle with juice mixture.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.41, Inflammation Score:-5, Nutrition Score:15.507826058761%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 191.2kcal (9.56%), Fat: 7.96g (12.25%), Saturated Fat: 1.39g (8.67%), Carbohydrates: 4.14g (1.38%), Net Carbohydrates: 2.84g (1.03%), Sugar: 2.58g (2.87%), Cholesterol: 72.57mg (24.19%), Sodium: 430.38mg (18.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.36g (50.73%), Vitamin B3: 12.28mg (61.4%), Selenium: 36.65µg (52.35%), Vitamin B6: 1.02mg (51.18%), Vitamin C: 23.21mg (28.14%), Phosphorus: 276.81mg (27.68%), Potassium: 684.24mg (19.55%), Vitamin B5: 1.83mg (18.34%), Vitamin B2: 0.21mg (12.16%), Magnesium: 48.09mg (12.02%), Manganese: 0.23mg (11.42%), Vitamin B1: 0.12mg (7.99%), Folate: 29.08µg (7.27%), Vitamin K: 7.39µg (7.04%), Vitamin E: 1.02mg (6.77%), Zinc: 0.99mg (6.58%), Fiber: 1.31g (5.22%), Iron: 0.88mg (4.91%), Vitamin A: 239.94IU (4.8%), Copper: 0.09mg (4.51%), Vitamin B12: 0.23µg (3.78%), Calcium: 28.13mg (2.81%)