



## Slayer's Sweet, Tangy, and Spicy Kabobs

 Gluten Free  Dairy Free

READY IN



110 min.

SERVINGS



16

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tablespoons brown sugar
- 3 tablespoons maraschino cherry juice
- 0.5 pint cherry tomatoes
- 0.3 cup cooking wine dry white
- 8 ounce mushrooms fresh
- 1 teaspoon garlic powder
- 0.5 teaspoon ground ginger
- 0.5 teaspoon ground pepper black

- 2 tablespoons honey
- 1 tablespoon juice of lemon
- 0.8 cup soya sauce reduced-sodium
- 16 maraschino cherries stemmed
- 16 pineapple chunks fresh
- 0.3 cup pineapple juice
- 1 bell pepper red cut into 1 inch pieces
- 1 small onion red cut into chunks
- 4 chicken breast halves boneless skinless cut into 1 inch pieces

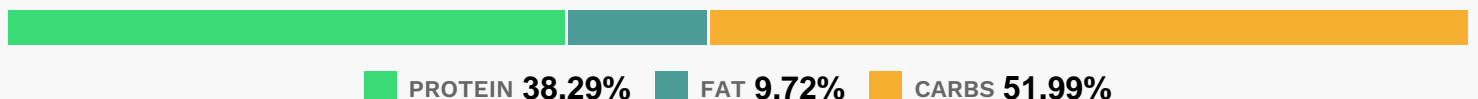
## Equipment

- bowl
- whisk
- grill
- skewers

## Directions

- Make the marinade by whisking the brown sugar, honey, lime juice, lemon juice, maraschino cherry juice, garlic powder, ginger, black pepper, cayenne pepper, pineapple juice, wine, hot pepper sauce, and soy sauce together in a large, non-metallic bowl. Toss the mushrooms, onion, bell pepper, tomatoes, and chicken in the marinade; cover and refrigerate at least 1 hour.
- Preheat an outdoor grill for medium heat and lightly oil the grate.
- On each skewer, thread a piece of chicken, then three of the veggies followed by another piece of chicken then a pineapple slice and one maraschino cherry at the end.
- Mix and match the vegetables as you assemble the skewers. Cook on the preheated grill until the chicken is no longer pink in the center and the vegetables are tender, about 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:15.08, Glycemic Load:1.71, Inflammation Score:-4, Nutrition Score:6.4065217038859%

## Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

## Nutrients (% of daily need)

Calories: 82.81kcal (4.14%), Fat: 0.89g (1.37%), Saturated Fat: 0.19g (1.17%), Carbohydrates: 10.73g (3.58%), Net Carbohydrates: 9.81g (3.57%), Sugar: 8.52g (9.46%), Cholesterol: 18.08mg (6.03%), Sodium: 467.25mg (20.32%), Alcohol: 0.39g (100%), Alcohol %: 0.47% (100%), Protein: 7.9g (15.8%), Vitamin B3: 3.78mg (18.91%), Vitamin C: 14.88mg (18.03%), Selenium: 10.68µg (15.26%), Vitamin B6: 0.3mg (14.95%), Phosphorus: 101.92mg (10.19%), Potassium: 268.19mg (7.66%), Manganese: 0.15mg (7.6%), Vitamin B2: 0.13mg (7.56%), Vitamin B5: 0.72mg (7.2%), Vitamin A: 318.39IU (6.37%), Magnesium: 21.69mg (5.42%), Copper: 0.09mg (4.62%), Folate: 16.56µg (4.14%), Fiber: 0.92g (3.68%), Vitamin B1: 0.05mg (3.42%), Iron: 0.59mg (3.29%), Zinc: 0.43mg (2.85%), Vitamin E: 0.31mg (2.09%), Calcium: 16.28mg (1.63%), Vitamin K: 1.12µg (1.06%), Vitamin B12: 0.06µg (1.04%)