



Smoky Chicken Barbecue Kabobs

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

READY IN



45 min.

SERVINGS



8

CALORIES



151 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 servings barbecue sauce white
- 1 pt cherry tomatoes
- 2 pounds skinned and boned chicken breasts
- 0.5 large onion red separated cut into fourths and into pieces
- 8 servings smoky barbecue rub
- 8 inch metal skewers
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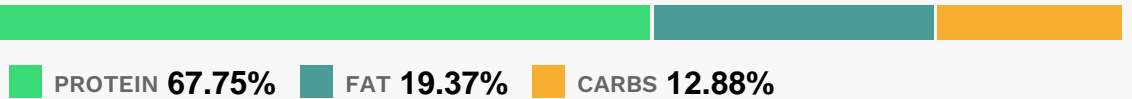
Equipment

- grill
- skewers

Directions

- Preheat grill to 350 to 400 (medium-high) heat.
- Cut chicken into 1-inch cubes. Thread chicken, onion, and tomatoes alternately onto skewers, leaving a 1/4-inch space between pieces.
- Sprinkle kabobs with Smoky Barbecue Rub.
- Grill kabobs, covered with grill lid, 4 to 5 minutes on each side.
- Serve with White Barbecue Sauce.
- Smoky Steak Barbecue Kabobs: Substitute 2 lb. top sirloin steak, trimmed, for chicken. Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.14, Inflammation Score:-5, Nutrition Score:14.654782709868%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 150.53kcal (7.53%), Fat: 3.17g (4.87%), Saturated Fat: 0.72g (4.51%), Carbohydrates: 4.73g (1.58%), Net Carbohydrates: 3.97g (1.44%), Sugar: 2.16g (2.4%), Cholesterol: 72.57mg (24.19%), Sodium: 149.16mg (6.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.91g (49.82%), Vitamin B3: 12.22mg (61.08%), Selenium: 36.77µg (52.53%), Vitamin B6: 0.93mg (46.57%), Phosphorus: 260.31mg (26.03%), Vitamin C: 15.6mg (18.91%), Vitamin K: 18.04µg (17.18%), Vitamin B5: 1.7mg (17.02%), Potassium: 574.55mg (16.42%), Manganese: 0.23mg (11.32%), Magnesium: 40.1mg (10.03%), Iron: 1.55mg (8.6%), Vitamin B2: 0.13mg (7.8%), Vitamin A: 378.27IU (7.57%), Vitamin B1: 0.1mg (6.84%), Zinc: 0.82mg (5.44%), Copper: 0.1mg (4.76%), Folate: 16.31µg (4.08%), Vitamin E: 0.58mg (3.88%), Vitamin B12: 0.23µg (3.78%), Calcium: 34.01mg (3.4%), Fiber: 0.77g (3.06%)