



Smoky Chicken Skewers



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



173 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 teaspoon brown sugar
- ☐ 1.5 pounds chicken tenderloins (16 tenders)
- ☐ 3 tablespoons olive oil
- ☐ 1 medium onion red cut into 1-inch chunks
- ☐ 1 teaspoon salt
- ☐ 2.5 teaspoons paprika smoked
- ☐ 4 small tangelos peeled (or small oranges)

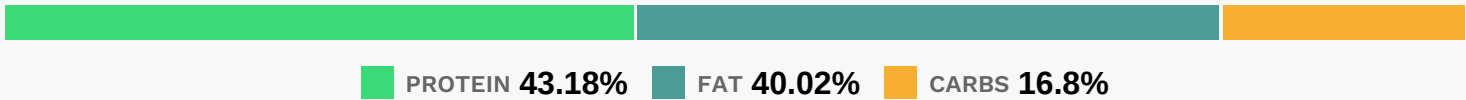
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ broiler
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Heat broiler and move rack close to heat source. Soak wooden skewers in hot water.
- ☐ Combine oil, paprika, sugar, salt and pepper in a bowl. Thread chicken, tangelos and onion on skewers, alternating pieces and packing tightly.
- ☐ Place skewers on a large rimmed baking sheet and brush with oil mixture. Broil, turning once or twice and basting with pan drippings, until chicken is no longer pink inside and tangelos and onion are browned, 7 to 10 minutes.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:2.15, Inflammation Score:-6, Nutrition Score:10.804782683435%

Flavonoids

Hesperetin: 3.02mg, Hesperetin: 3.02mg, Hesperetin: 3.02mg, Hesperetin: 3.02mg Naringenin: 3.81mg, Naringenin: 3.81mg, Naringenin: 3.81mg, Naringenin: 3.81mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 172.98kcal (8.65%), Fat: 7.67g (11.8%), Saturated Fat: 1.24g (7.77%), Carbohydrates: 7.25g (2.42%), Net Carbohydrates: 6.08g (2.21%), Sugar: 5.16g (5.73%), Cholesterol: 54.43mg (18.14%), Sodium: 391.35mg (17.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.62g (37.23%), Vitamin B3: 9.09mg (45.47%), Selenium: 27.37µg (39.11%), Vitamin B6: 0.7mg (34.86%), Phosphorus: 192.37mg (19.24%), Vitamin C: 12.19mg (14.78%), Vitamin B5: 1.33mg (13.29%), Vitamin A: 593.09IU (11.86%), Potassium: 414.52mg (11.84%), Vitamin E: 1.18mg (7.86%), Magnesium: 29.43mg (7.36%), Vitamin B2: 0.11mg (6.49%), Vitamin B1: 0.09mg (5.67%), Fiber: 1.17g (4.67%), Vitamin K: 4.09µg (3.9%), Zinc: 0.57mg (3.82%), Manganese: 0.07mg (3.61%), Iron: 0.58mg (3.22%), Folate: 12.43µg (3.11%), Vitamin B12: 0.17µg (2.83%), Copper: 0.05mg (2.54%), Calcium: 24.11mg (2.41%)