



Southwest Chicken Skewers

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pkg philadelphia cream cheese spread (8-oz. tub)
- 2 cups brown rice long-grain hot cooked
- 0.5 lb mushrooms fresh
- 2 Tbsp milk
- 1 small bell pepper red cut into 1-inch pieces
- 0.5 onion red cut into 1-inch chunks
- 1 lb chicken breasts boneless skinless cut into 1-1/2-inch cubes
- 0.5 oz taco bellâ[®] reduced sodium taco seasoning mix () (1 Tbsp. plus 1-1/2 tsp.)

1 small zucchini and squash yellow 1-inch-thick cut into slices

Equipment

sauce pan

grill

skewers

Directions

Heat grill to medium heat.

Thread chicken onto 4 skewers alternately with vegetables.

Grill 10 to 15 min. or until chicken is done, turning occasionally. Meanwhile, cook and stir cream cheese spread, milk and seasoning mix in saucepan on medium heat 2 to 3 min. or until heated through and well blended.

Spoon rice onto plates; top with kabobs and sauce.

Nutrition Facts


■ PROTEIN 42.3% ■ FAT 14.51% ■ CARBS 43.19%

Properties

Glycemic Index:36, Glycemic Load:1.15, Inflammation Score:-8, Nutrition Score:24.185217359792%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg 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: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 277.08kcal (13.85%), Fat: 4.47g (6.87%), Saturated Fat: 1.06g (6.64%), Carbohydrates: 29.91g (9.97%), Net Carbohydrates: 26.01g (9.46%), Sugar: 4.59g (5.11%), Cholesterol: 73.63mg (24.54%), Sodium: 432.82mg (18.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.29g (58.59%), Vitamin B3: 15.7mg (78.51%), Selenium: 51.4µg (73.43%), Vitamin B6: 1.17mg (58.63%), Manganese: 1.02mg (50.85%), Vitamin C: 34.12mg (41.36%), Phosphorus: 395.4mg (39.54%), Vitamin B5: 2.91mg (29.06%), Vitamin B2: 0.42mg (24.9%), Potassium: 789.16mg (22.55%), Magnesium: 86.32mg (21.58%), Vitamin A: 1019.49IU (20.39%), Copper: 0.33mg (16.63%), Vitamin B1: 0.25mg (16.39%), Fiber: 3.91g (15.62%), Zinc: 1.76mg (11.74%), Folate: 36.28µg (9.07%), Iron: 1.57mg (8.72%), Vitamin B12: 0.29µg (4.83%), Vitamin E: 0.58mg (3.9%), Calcium: 35.82mg (3.58%), Vitamin K: 3.06µg (2.92%), Vitamin D: 0.31µg

(2.06%)