



## Special Chicken Kabobs

 **Gluten Free**

READY IN



**525 min.**

SERVINGS



**4**

CALORIES



**515 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.8 cup butter melted
- 1 cup onion juice
- 1.3 teaspoons saffron threads crushed
- 4 servings salt and pepper to taste
- 1.5 pounds chicken breast halves boneless skinless cubed

## Equipment

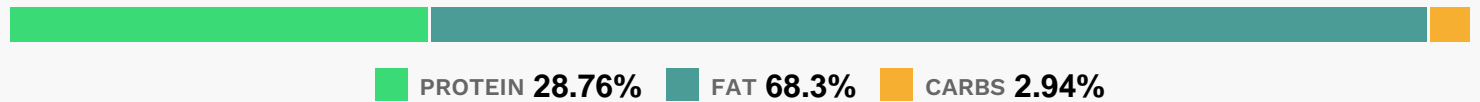
- bowl
- grill

skewers

## Directions

- In a medium bowl, place the cubed chicken and onion juice.
- Mix in salt and pepper. Completely dissolve crushed saffron threads in the mixture. Cover and allow the chicken to marinate in the refrigerator 8 hours, or overnight.
- Preheat an outdoor grill for high heat and lightly oil grate.
- Place the marinated chicken on skewers. Frequently brush with butter while cooking on the prepared grill. Turning frequently, cook until meat is no longer pink and juices run clear, or to desired doneness.

## Nutrition Facts



## Properties

Glycemic Index:36.75, Glycemic Load:0.85, Inflammation Score:-7, Nutrition Score:18.52478270427%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

## Nutrients (% of daily need)

Calories: 515.18kcal (25.76%), Fat: 38.97g (59.95%), Saturated Fat: 22.86g (142.87%), Carbohydrates: 3.78g (1.26%), Net Carbohydrates: 3.1g (1.13%), Sugar: 1.72g (1.91%), Cholesterol: 200.37mg (66.79%), Sodium: 666.43mg (28.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.92g (73.83%), Vitamin B3: 17.81mg (89.03%), Selenium: 55.06µg (78.66%), Vitamin B6: 1.32mg (66.18%), Phosphorus: 379.1mg (37.91%), Vitamin B5: 2.52mg (25.2%), Vitamin A: 1115.63IU (22.31%), Potassium: 698.55mg (19.96%), Magnesium: 49.16mg (12.29%), Vitamin B2: 0.2mg (11.5%), Vitamin E: 1.32mg (8.79%), Vitamin B1: 0.13mg (8.63%), Zinc: 1.09mg (7.29%), Vitamin B12: 0.41µg (6.88%), Vitamin C: 5.03mg (6.09%), Manganese: 0.09mg (4.32%), Iron: 0.73mg (4.04%), Folate: 15.71µg (3.93%), Vitamin K: 3.48µg (3.31%), Copper: 0.06mg (3.09%), Calcium: 28.07mg (2.81%), Fiber: 0.68g (2.72%), Vitamin D: 0.17µg (1.13%)