



Spiced Chicken and Grape Skewers

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons mint leaves fresh chopped
- 2 cloves garlic minced
- 1.5 cups grapes green seedless
- 0.5 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 optional: lemon cut into wedges
- 1 tablespoon juice of lemon
- 0.5 teaspoon lemon zest

- 2 tablespoons olive oil
- 0.5 teaspoon salt
- 1 pound chicken breast boneless skinless cut into 3/4-inch cubes
- 10 inch skewers
- 10 inch skewers

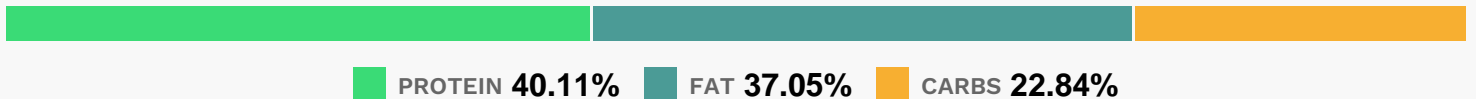
Equipment

- bowl
- whisk
- grill
- skewers
- grill pan

Directions

- Watch how to make this recipe.
- In a medium sized bowl whisk together the oil, lemon zest, lemon juice, garlic, cumin, coriander, and salt.
- Add the chicken to the marinade and toss to coat. Marinate the chicken for 20 minutes. While the chicken is marinating, soak the skewers in water if wooden.
- Thread 4 pieces of the chicken and 4 grapes onto the skewers, alternating them. Spray a grill pan with cooking spray and preheat over a medium-high heat, or prepare an outdoor grill. Grill the chicken until cooked through, about 3 to 4 minutes per side.
- Sprinkle with mint and serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:26.63, Glycemic Load:5.08, Inflammation Score:-4, Nutrition Score:14.971304364826%

Flavonoids

Eriodictyol: 6.72mg, Eriodictyol: 6.72mg, Eriodictyol: 6.72mg, Eriodictyol: 6.72mg Hesperetin: 8.33mg, Hesperetin: 8.33mg, Hesperetin: 8.33mg, Hesperetin: 8.33mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 245.6kcal (12.28%), Fat: 10.31g (15.85%), Saturated Fat: 1.67g (10.43%), Carbohydrates: 14.29g (4.76%), Net Carbohydrates: 12.6g (4.58%), Sugar: 9.58g (10.65%), Cholesterol: 72.57mg (24.19%), Sodium: 426.05mg (18.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.11g (50.21%), Vitamin B3: 12.05mg (60.23%), Selenium: 36.76µg (52.52%), Vitamin B6: 0.95mg (47.29%), Phosphorus: 261.75mg (26.17%), Vitamin C: 20.61mg (24.98%), Vitamin B5: 1.72mg (17.19%), Potassium: 601.73mg (17.19%), Vitamin K: 12.76µg (12.15%), Magnesium: 40.91mg (10.23%), Vitamin B2: 0.17mg (9.99%), Vitamin E: 1.4mg (9.3%), Vitamin B1: 0.13mg (8.82%), Iron: 1.36mg (7.54%), Manganese: 0.14mg (7.12%), Fiber: 1.69g (6.77%), Copper: 0.13mg (6.65%), Zinc: 0.8mg (5.32%), Vitamin A: 190.37IU (3.81%), Vitamin B12: 0.23µg (3.78%), Calcium: 34.38mg (3.44%), Folate: 12.37µg (3.09%)