



Spiced Chicken Skewers with Lemon Vinaigrette

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



120 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 1 tablespoon coriander seeds
- 0.3 teaspoon pepper red crushed
- 1 tablespoon cumin seeds
- 1 garlic clove minced
- 1 tablespoon green onions thinly sliced
- 2 tablespoons juice of lemon fresh

- 1 tablespoon olive oil extra-virgin
- 0.5 teaspoon paprika
- 0.5 teaspoon salt divided
- 1.5 pounds chicken breast boneless skinless cut into bite-sized pieces

Equipment

- bowl
- frying pan
- whisk
- grill
- skewers

Directions

- Prepare the grill to medium-high heat.
- Thread chicken pieces evenly onto 16 (6-inch) skewers.
- Place cumin and coriander in a small nonstick pan over medium heat; cook 1 minute or until toasted, stirring frequently.
- Place spice mixture in a spice or coffee grinder; pulse 3 times or until coarsely ground.
- Combine ground spices, 1/4 teaspoon salt, paprika, 1/4 teaspoon black pepper, and crushed red pepper in a small bowl, stirring with a whisk.
- Spread spice mixture onto a large plate; lightly roll each skewer in spice mixture.
- Combine remaining 1/4 teaspoon salt, remaining 1/4 teaspoon black pepper, onions, lemon juice, oil, and garlic in a small bowl; stir well with a whisk.
- Place skewers on grill rack coated with cooking spray. Grill 8 minutes or until done, turning occasionally. Arrange skewers on a platter; drizzle with juice mixture.
- Serve with lemon wedges, if desired.

Nutrition Facts

 **PROTEIN 62.73%**  **FAT 32.85%**  **CARBS 4.42%**

Properties

Glycemic Index:14.25, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:9.1430434273637%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 119.57kcal (5.98%), Fat: 4.27g (6.57%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 1.29g (0.43%), Net Carbohydrates: 0.82g (0.3%), Sugar: 0.15g (0.17%), Cholesterol: 54.43mg (18.14%), Sodium: 246.87mg (10.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.36g (36.71%), Vitamin B3: 8.95mg (44.75%), Selenium: 27.51µg (39.3%), Vitamin B6: 0.65mg (32.57%), Phosphorus: 186.83mg (18.68%), Vitamin B5: 1.23mg (12.25%), Potassium: 349.22mg (9.98%), Magnesium: 27.92mg (6.98%), Iron: 1mg (5.53%), Vitamin B2: 0.09mg (5.48%), Vitamin B1: 0.06mg (4.23%), Manganese: 0.08mg (3.85%), Zinc: 0.58mg (3.85%), Vitamin C: 2.92mg (3.54%), Vitamin E: 0.51mg (3.4%), Vitamin K: 3.19µg (3.04%), Vitamin B12: 0.17µg (2.83%), Vitamin A: 123.56IU (2.47%), Copper: 0.04mg (2.06%), Fiber: 0.48g (1.9%), Calcium: 18.26mg (1.83%), Folate: 4.82µg (1.2%)