



Spicy chicken kebabs



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



20

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 garlic cloves roughly chopped
- ☐ 1 knob ginger fresh roughly chopped
- ☐ 1 orange zest grated
- ☐ 3 spring onion roughly chopped
- ☐ 2 tbsp clear honey
- ☐ 1 tbsp soya sauce light
- ☐ 2 tbsp vegetable oil
- ☐ 4 small chicken breast fillets boneless skinless cut into cubes

- ☐ 20 button mushrooms
- ☐ 20 cherry tomatoes
- ☐ 2 large pasilla peppers red seeded cut into 10

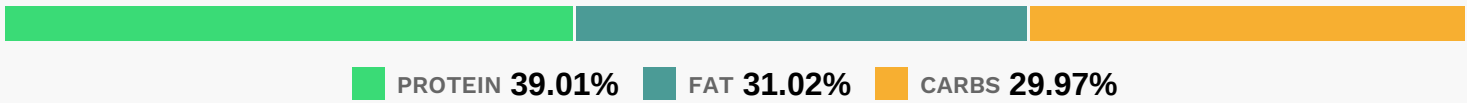
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ wooden skewers

Directions

- ☐ Grind the garlic, ginger, orange zest and spring onions to a paste in a food processor.
- ☐ Add the honey, orange juice, soy sauce and oil, then blend again.
- ☐ Pour the mixture over the cubed chicken and leave to marinate for at least 1 hr, but preferably overnight. Toss in the mushrooms for the last half an hour so they take on some of the flavour, too.
- ☐ Thread the chicken, tomatoes, mushrooms and peppers onto 20 wooden skewers, then cook on a griddle pan for 7-8 mins each side or until the chicken is thoroughly cooked and golden brown. Turn the kebabs frequently and baste with the marinade from time to time until evenly cooked. Arrange on a platter, scatter with chopped spring onion and eat with your fingers.

Nutrition Facts



Properties

Glycemic Index:10.41, Glycemic Load:1.33, Inflammation Score:-5, Nutrition Score:6.764347774827%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 58.3kcal (2.92%), Fat: 2.09g (3.21%), Saturated Fat: 0.36g (2.24%), Carbohydrates: 4.54g (1.51%), Net Carbohydrates: 3.75g (1.36%), Sugar: 3.29g (3.66%), Cholesterol: 14.46mg (4.82%), Sodium: 80.49mg (3.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.91g (11.82%), Vitamin C: 26.87mg (32.57%), Vitamin B3: 3.39mg (16.93%), Selenium: 9.3µg (13.28%), Vitamin B6: 0.26mg (13.07%), Vitamin A: 623.9IU (12.48%), Phosphorus: 76.44mg (7.64%), Vitamin B2: 0.13mg (7.37%), Vitamin K: 7.56µg (7.2%), Vitamin B5: 0.71mg (7.07%), Potassium: 230.14mg (6.58%), Copper: 0.09mg (4.54%), Folate: 15.61µg (3.9%), Vitamin E: 0.52mg (3.48%), Manganese: 0.07mg (3.28%), Vitamin B1: 0.05mg (3.25%), Fiber: 0.8g (3.18%), Magnesium: 12.2mg (3.05%), Iron: 0.44mg (2.44%), Zinc: 0.32mg (2.15%)