



Spicy Moroccan Chicken Skewers

 Gluten Free

READY IN



129 min.

SERVINGS



4

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 cherry tomatoes
- ☐ 1.5 tablespoons chile paste (such as sambal oelek)
- ☐ 1.5 tablespoons garlic fresh minced
- ☐ 0.5 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 0.6 teaspoon kosher salt divided
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup greek yogurt plain 2% reduced-fat

- ☐ 4 chicken thighs boneless skinless cut into 36 pieces
- ☐ 0.5 bell pepper yellow cut into 12 pieces

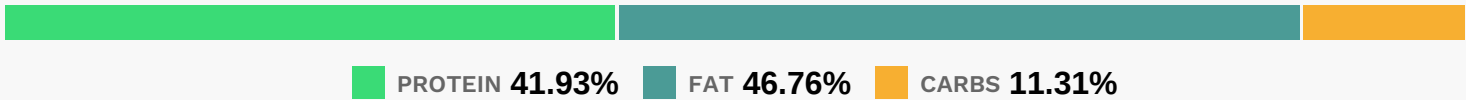
Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Combine first 5 ingredients in a small bowl; stir in 1/8 teaspoon salt. Scrape mixture into a zip-top plastic bag.
- ☐ Add chicken; seal. Marinate in refrigerator 2 hours, turning after 1 hour.
- ☐ Immerse 12 (8-inch) wooden skewers in water; soak 30 minutes.
- ☐ Drain and pat dry.
- ☐ Preheat the grill to medium-high heat.
- ☐ Remove chicken from marinade; discard marinade. Thread 3 chicken pieces, 1 pepper piece, and 1 tomato alternately onto each skewer, beginning and ending with chicken; sprinkle evenly with remaining 1/2 teaspoon salt. Arrange skewers on grill rack coated with cooking spray; grill 4 minutes on each side or until done.
- ☐ Serve with yogurt.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.29, Inflammation Score:-5, Nutrition Score:14.465652175572%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 230.5kcal (11.53%), Fat: 11.97g (18.41%), Saturated Fat: 2.17g (13.57%), Carbohydrates: 6.52g (2.17%), Net Carbohydrates: 5.77g (2.1%), Sugar: 2.26g (2.51%), Cholesterol: 107.97mg (35.99%), Sodium: 477.11mg (20.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.15g (48.29%), Vitamin C: 40.91mg (49.59%), Selenium: 27.66µg (39.51%), Vitamin B3: 6.89mg (34.43%), Vitamin B6: 0.63mg (31.26%), Phosphorus: 257.39mg (25.74%), Vitamin B2: 0.26mg (15.29%), Vitamin B5: 1.51mg (15.06%), Potassium: 483.67mg (13.82%), Vitamin B12: 0.81µg (13.51%), Zinc: 1.96mg (13.08%), Iron: 1.84mg (10.23%), Vitamin E: 1.53mg (10.22%), Vitamin B1: 0.14mg (9.47%), Magnesium: 37.87mg (9.47%), Vitamin K: 9.07µg (8.64%), Manganese: 0.16mg (8.13%), Copper: 0.14mg (7.17%), Vitamin A: 325.32IU (6.51%), Calcium: 44.64mg (4.46%), Folate: 16.63µg (4.16%), Fiber: 0.74g (2.96%)