



## Spicy Southwest Chicken Kabobs

 **Gluten Free**  **Dairy Free**

READY IN



**30 min.**

SERVINGS



**6**

CALORIES



**354 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon garlic
- 2 tablespoons vegetable oil
- 4 small ears corn fresh
- 1.5 pounds chicken breast boneless skinless cut into 1-inch cubes
- 2 medium bell pepper red yellow cut into 1 1/2-inch pieces
- 0.8 cup ranch dressing
- 1 chipotles in adobo canned chopped

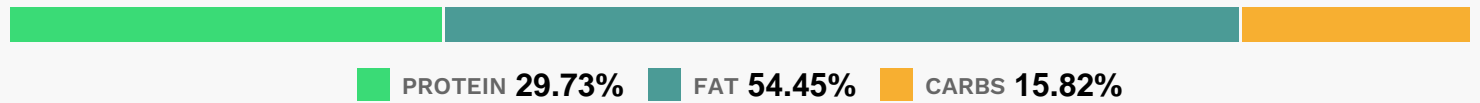
### Equipment

- grill
- metal skewers

## Directions

- Heat coals or gas grill for direct heat.
- Mix garlic pepper and oil.
- Cut each ear of corn into 3 pieces. Thread chicken, corn and bell peppers alternately on each of six 10- to 12-inch metal skewers, leaving space between each piece.
- Brush kabobs with oil mixture.
- Cover and grill kabobs 4 to 5 inches from medium heat 15 to 20 minutes, turning 2 or 3 times, until chicken is no longer pink in center.
- Mix dressing and chili.
- Serve with kabobs.

## Nutrition Facts



## Properties

Glycemic Index:10.33, Glycemic Load:0.62, Inflammation Score:-8, Nutrition Score:21.492174000844%

## Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 354.17kcal (17.71%), Fat: 21.6g (33.24%), Saturated Fat: 3.61g (22.53%), Carbohydrates: 14.12g (4.71%), Net Carbohydrates: 12.04g (4.38%), Sugar: 6.3g (7%), Cholesterol: 80.37mg (26.79%), Sodium: 410.98mg (17.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.54g (53.08%), Vitamin C: 55.86mg (67.71%), Vitamin B3: 13.1mg (65.51%), Selenium: 37.86µg (54.08%), Vitamin B6: 1.04mg (51.78%), Vitamin K: 50.88µg (48.45%), Phosphorus: 349.6mg (34.96%), Vitamin A: 1378.63IU (27.57%), Vitamin B5: 2.34mg (23.38%), Potassium: 659.22mg (18.83%), Magnesium: 54.08mg (13.52%), Vitamin E: 1.91mg (12.76%), Vitamin B2: 0.2mg (11.85%), Vitamin B1: 0.18mg (11.77%), Folate: 44.46µg (11.12%), Manganese: 0.18mg (8.78%), Fiber: 2.08g (8.34%), Zinc: 1.05mg (6.98%), Iron: 1.02mg (5.65%), Vitamin B12: 0.28µg (4.63%), Copper: 0.07mg (3.67%), Calcium: 20.23mg (2.02%)