



WHATSheATE



## Spicy Thai Chicken Kabobs



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 16 basil
- ☐ 0.3 cup brown sugar light packed
- ☐ 1.5 pounds chicken breast cut into 1-inch pieces
- ☐ 0.5 cup creamy peanut butter
- ☐ 1 bunch spring onion cut into 2-inch pieces
- ☐ 1 tablespoon lime zest
- ☐ 1 large bell pepper red cut into 1-inch pieces
- ☐ 1 teaspoon pepper dried red crushed

- ☐ 32 snow peas fresh
- ☐ 0.5 cup soya sauce
- ☐ 1 large bell pepper yellow cut into 1-inch pieces
- ☐ 12 inch frangelico
- ☐ 12 inch frangelico

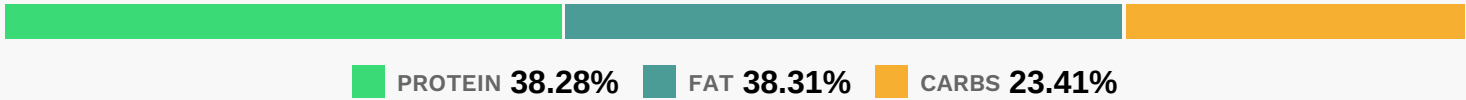
## Equipment

- ☐ whisk
- ☐ grill
- ☐ wooden skewers

## Directions

- ☐ Whisk together first 5 ingredients and 1/2 cup water in a large shallow dish or zip-top plastic freezer bag; reserve 3/4 cup.
- ☐ Add chicken to dish, turning to coat. Cover or seal, and chill 8 hours, turning occasionally.
- ☐ Soak wooden skewers in water 30 minutes.
- ☐ Preheat grill to 350 to 400 (medium-high).
- ☐ Remove chicken from marinade, discarding marinade. Thread chicken, onions, and next 4 ingredients alternately onto wooden skewers, leaving 1/4 inch between pieces.
- ☐ Grill kabobs, covered with grill lid, over 350 to 400 (medium-high) heat 6 to 8 minutes on each side or until done.
- ☐ Remove from grill, and baste with reserved 3/4 cup marinade.
- ☐ Spicy Thai Pork Kabobs: Substitute 1 (5-lb.) package pork tenderloin, trimmed, for chicken. Proceed with recipe as directed.

## Nutrition Facts



## Properties

Glycemic Index:32.5, Glycemic Load:1.1, Inflammation Score:-8, Nutrition Score:24.386956650278%

## Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

## Nutrients (% of daily need)

Calories: 324.54kcal (16.23%), Fat: 14.16g (21.79%), Saturated Fat: 2.85g (17.84%), Carbohydrates: 19.47g (6.49%), Net Carbohydrates: 17.02g (6.19%), Sugar: 12.98g (14.42%), Cholesterol: 72.57mg (24.19%), Sodium: 1314.4mg (57.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.84g (63.69%), Vitamin C: 97.67mg (118.39%), Vitamin B3: 16.11mg (80.54%), Vitamin B6: 1.14mg (56.94%), Selenium: 37.69µg (53.84%), Phosphorus: 357.15mg (35.72%), Manganese: 0.54mg (26.94%), Vitamin A: 1205.28IU (24.11%), Potassium: 749.78mg (21.42%), Vitamin B5: 2.12mg (21.18%), Magnesium: 84.7mg (21.17%), Vitamin E: 2.79mg (18.58%), Vitamin K: 16.03µg (15.27%), Vitamin B2: 0.23mg (13.32%), Folate: 52.93µg (13.23%), Iron: 1.84mg (10.25%), Copper: 0.2mg (10.24%), Vitamin B1: 0.15mg (9.92%), Zinc: 1.46mg (9.77%), Fiber: 2.44g (9.77%), Calcium: 41.49mg (4.15%), Vitamin B12: 0.23µg (3.78%)