



Spiedini of Chicken and Zucchini with Almond Salsa Verde

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

READY IN



45 min.

SERVINGS



6

CALORIES



197 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons almonds toasted chopped
- 0.1 teaspoon pepper black freshly ground
- 3 tablespoons capers chopped
- 1 tablespoon olive oil extravirgin
- 2 tablespoons chives fresh chopped
- 1 cup parsley fresh chopped
- 0.5 teaspoon thyme leaves fresh chopped

- 1 garlic clove minced
- 0.3 teaspoon kosher salt
- 3 tablespoons juice of lemon fresh
- 0.5 teaspoon lemon rind grated
- 0.5 teaspoon oregano fresh chopped
- 1.5 pounds chicken breasts boneless skinless cut into 1-inch pieces
- 6 small zucchini cut into 1-inch slices (1 1/4 pounds)

Equipment

- grill
- skewers
- wooden skewers

Directions

- Soak 12 (10-inch) wooden skewers in water 30 minutes to prevent burning.
- Prepare grill to medium-high heat.
- To prepare salsa, combine first 12 ingredients; set aside.
- To prepare spiedini, thread chicken and zucchini alternately onto each of 12 (10-inch) skewers. Coat spiedini with cooking spray; sprinkle evenly with 1/4 teaspoon salt and 1/8 teaspoon pepper.
- Place on grill rack; grill 6 minutes or until done, turning once.
- Serve with salsa.

Nutrition Facts



PROTEIN 53.8% **FAT 33.81%** **CARBS 12.39%**

Properties

Glycemic Index:35.67, Glycemic Load:0.57, Inflammation Score:-9, Nutrition Score:23.7613044440706%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 5.52mg, Kaempferol: 5.52mg, Kaempferol: 5.52mg, Kaempferol: 5.52mg Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg

Nutrients (% of daily need)

Calories: 197.27kcal (9.86%), Fat: 7.46g (11.48%), Saturated Fat: 1.22g (7.64%), Carbohydrates: 6.15g (2.05%), Net Carbohydrates: 3.92g (1.43%), Sugar: 3.42g (3.8%), Cholesterol: 72.57mg (24.19%), Sodium: 354.58mg (15.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.72g (53.44%), Vitamin K: 174.93µg (166.6%), Vitamin B3: 12.67mg (63.33%), Vitamin B6: 1.07mg (53.5%), Selenium: 36.82µg (52.6%), Vitamin C: 40.08mg (48.58%), Phosphorus: 307.66mg (30.77%), Potassium: 825.66mg (23.59%), Vitamin A: 1173.06IU (23.46%), Vitamin B5: 1.93mg (19.33%), Manganese: 0.35mg (17.54%), Magnesium: 67.85mg (16.96%), Vitamin B2: 0.28mg (16.61%), Folate: 53.51µg (13.38%), Vitamin E: 1.7mg (11.34%), Iron: 1.81mg (10.04%), Vitamin B1: 0.15mg (9.73%), Fiber: 2.23g (8.94%), Zinc: 1.28mg (8.55%), Copper: 0.16mg (8.22%), Calcium: 55.02mg (5.5%), Vitamin B12: 0.23µg (3.78%)