



## Sweet BBQ Chicken Kabobs

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

READY IN



25 min.

SERVINGS



4

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup original barbecue sauce kraft
- 3 Tbsp orange juice concentrate frozen thawed
- 2 cups pineapple chunks fresh (1-)
- 1 bell pepper green red cut into 1-1/2-inch pieces
- 1 lb chicken breasts boneless skinless cut into 1-1/2-inch pieces

### Equipment

- grill
- skewers

wooden skewers

## Directions

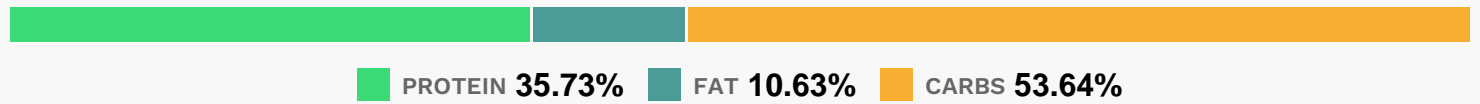
Heat grill to medium-high heat.

Thread chicken alternately with pineapple and peppers onto 8 long wooden skewers, using 2 skewers placed side-by-side for each kabob.

Mix barbecue sauce and juice concentrate; brush half evenly onto kabobs.

Grill 8 to 10 min. or until chicken is done, turning and brushing occasionally with remaining sauce.

## Nutrition Facts



## Properties

Glycemic Index:2.5, Glycemic Load:0.09, Inflammation Score:-6, Nutrition Score:17.785652295403%

## Flavonoids

Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

## Nutrients (% of daily need)

Calories: 284.1kcal (14.2%), Fat: 3.37g (5.19%), Saturated Fat: 0.69g (4.33%), Carbohydrates: 38.27g (12.76%), Net Carbohydrates: 35.8g (13.02%), Sugar: 32.74g (36.38%), Cholesterol: 72.57mg (24.19%), Sodium: 502.62mg (21.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.49g (50.99%), Vitamin C: 52.69mg (63.86%), Vitamin B3: 12.64mg (63.2%), Selenium: 37.27µg (53.24%), Vitamin B6: 1.06mg (53.02%), Phosphorus: 266.28mg (26.63%), Potassium: 770.98mg (22.03%), Vitamin B5: 1.77mg (17.66%), Vitamin B1: 0.25mg (16.59%), Magnesium: 58.73mg (14.68%), Vitamin B2: 0.19mg (10.94%), Copper: 0.21mg (10.46%), Fiber: 2.48g (9.9%), Vitamin A: 325.33IU (6.51%), Iron: 1.12mg (6.21%), Zinc: 0.89mg (5.95%), Folate: 22.68µg (5.67%), Manganese: 0.1mg (5.18%), Vitamin E: 0.7mg (4.68%), Calcium: 43.58mg (4.36%), Vitamin B12: 0.23µg (3.78%), Vitamin K: 3.94µg (3.76%)