



Tangy Almond Chicken Kabobs



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



16

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup almonds toasted chopped
- ☐ 16 bamboo skewers for 20 minutes
- ☐ 1 tablespoon dijon mustard
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon juice of lemon
- ☐ 4 chicken breast halves boneless skinless cubed
- ☐ 1 tablespoon vegetable oil

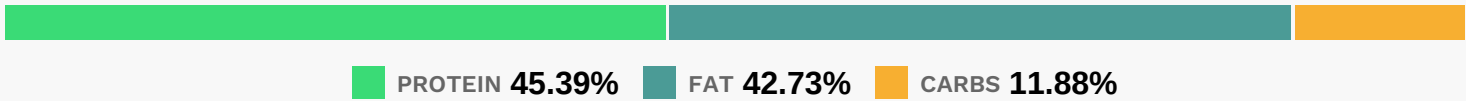
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ In a medium, nonreactive bowl, blend Dijon mustard, honey, vegetable oil, and lemon juice.
- ☐ Place chicken in the mixture, stirring to coat. Cover, and, turning occasionally, allow to marinate in the refrigerator at least 1 hour.
- ☐ Preheat an outdoor grill for high heat, and lightly oil grate. Soak wooden skewers in water for about 20 minutes.
- ☐ Thread chicken onto skewers and discard marinade. Arrange on the prepared grill, and cook 7 to 10 minutes, until no longer pink and juices run clear.
- ☐ Remove skewers from heat, and quickly roll in the almonds to lightly coat chicken.

Nutrition Facts



Properties

Glycemic Index:7.89, Glycemic Load:0.59, Inflammation Score:-1, Nutrition Score:3.5530435002368%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 57.61kcal (2.88%), Fat: 2.73g (4.21%), Saturated Fat: 0.38g (2.36%), Carbohydrates: 1.71g (0.57%), Net Carbohydrates: 1.37g (0.5%), Sugar: 1.23g (1.37%), Cholesterol: 18.08mg (6.03%), Sodium: 43.24mg (1.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.54g (13.07%), Vitamin B3: 3.04mg (15.18%), Selenium: 9.47µg (13.52%),

Vitamin B6: 0.22mg (10.87%), Phosphorus: 71.46mg (7.15%), Vitamin E: 0.71mg (4.71%), Vitamin B5: 0.42mg (4.19%), Potassium: 124.76mg (3.56%), Magnesium: 13.95mg (3.49%), Vitamin B2: 0.06mg (3.25%), Manganese: 0.06mg (3.1%), Vitamin B1: 0.02mg (1.66%), Zinc: 0.25mg (1.66%), Copper: 0.03mg (1.65%), Vitamin K: 1.63µg (1.56%), Fiber: 0.34g (1.36%), Iron: 0.21mg (1.18%)