



Tangy Grilled Chicken Kabobs

 **Gluten Free**  **Low Fod Map**

READY IN



60 min.

SERVINGS



1

CALORIES



1051 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 Tbsp heinz distilled vinegar white
- 1 cup miracle whip dressing light
- 0.7 oz env. seasons dressing mix italian good
- 1 vegetables fresh green red cut into chunks
- 1.5 lb chicken breasts boneless skinless cut into 1-1/2-inch pieces
- 2 Tbsp water

Equipment

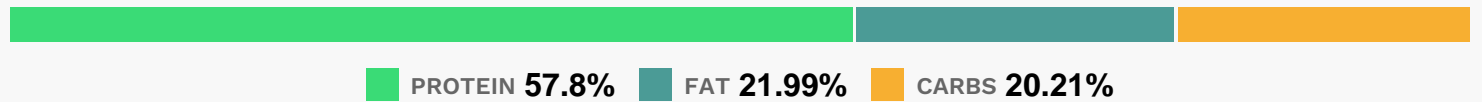
- grill

skewers

Directions

- Mix first 4 ingredients until well blended.
- Remove 1/2 cup of the dressing mixture; refrigerate for later use.
- Thread chicken and vegetables onto 6 skewers; place in shallow dish.
- Pour remaining dressing mixture over kabobs. Refrigerate 30 min. to marinate.
- Heat grill to medium-high heat.
- Remove kabobs from marinade; discard marinade. Grill kabobs 10 to 15 min. or until chicken is done, turning after 8 min.
- Serve with reserved dressing mixture.

Nutrition Facts



Properties

Glycemic Index:95, Glycemic Load:0.05, Inflammation Score:-7, Nutrition Score:36.145652283793%

Nutrients (% of daily need)

Calories: 1051.02kcal (52.55%), Fat: 24.51g (37.71%), Saturated Fat: 5.39g (33.68%), Carbohydrates: 50.7g (16.9%), Net Carbohydrates: 45.81g (16.66%), Sugar: 26.28g (29.2%), Cholesterol: 458.4mg (152.8%), Sodium: 4289.57mg (186.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 144.99g (289.98%), Vitamin B3: 70.98mg (354.89%), Selenium: 217.88µg (311.25%), Vitamin B6: 5.1mg (254.85%), Phosphorus: 1443.35mg (144.33%), Vitamin B5: 9.7mg (96.97%), Potassium: 2645.1mg (75.57%), Magnesium: 177.74mg (44.43%), Vitamin B2: 0.68mg (40.07%), Vitamin B1: 0.44mg (29.11%), Zinc: 3.96mg (26.38%), Vitamin B12: 1.36µg (22.68%), Fiber: 4.89g (19.54%), Iron: 2.84mg (15.79%), Vitamin C: 8.27mg (10.02%), Copper: 0.19mg (9.56%), Vitamin E: 1.29mg (8.62%), Vitamin A: 430.85IU (8.62%), Folate: 27.51µg (6.88%), Manganese: 0.12mg (6.04%), Calcium: 52.26mg (5.23%), Vitamin D: 0.68µg (4.54%), Vitamin K: 1.36µg (1.3%)