



Teriyaki Chicken, Pineapple and Red Pepper Kabobs

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 bamboo skewers
- 1 lb chicken breast boneless skinless (not breaded)
- 1 cup teriyaki sauce
- 8 oz pineapple chunks drained canned
- 1 bell pepper red cut into 1-inch chunks

Equipment

- grill

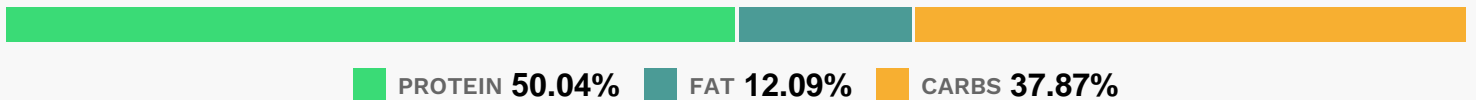
ziploc bags

skewers

Directions

- Soak bamboo skewers in water to cover for 30 minutes. Meanwhile, cut chicken into 1-inch pieces; place in resealable food-storage plastic bag or container.
- Add teriyaki sauce; seal bag and shake gently to mix. Refrigerate at least 30 minutes to marinate.
- Heat gas or charcoal grill.
- Drain chicken, discarding marinade. Thread chicken, pineapple chunks and red pepper pieces onto bamboo skewers in whatever order you wish, dividing evenly among skewers.
- Place kabobs on grill over medium heat. Cover grill; cook 4 to 5 minutes on each side or until chicken is no longer pink in center.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.39, Inflammation Score:-8, Nutrition Score:18.29956514939%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 235.49kcal (11.77%), Fat: 3.11g (4.79%), Saturated Fat: 0.67g (4.17%), Carbohydrates: 21.91g (7.3%), Net Carbohydrates: 20.45g (7.44%), Sugar: 19.52g (21.69%), Cholesterol: 72.57mg (24.19%), Sodium: 2891.04mg (125.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.96g (57.92%), Vitamin B3: 13.2mg (65.98%), Vitamin C: 44.79mg (54.29%), Selenium: 37.35µg (53.35%), Vitamin B6: 1.05mg (52.66%), Phosphorus: 361.22mg (36.12%), Magnesium: 85.56mg (21.39%), Potassium: 716.25mg (20.46%), Vitamin A: 994.1IU (19.88%), Vitamin B5: 1.86mg (18.56%), Vitamin B2: 0.2mg (11.85%), Vitamin B1: 0.17mg (11.24%), Iron: 1.94mg (10.76%), Copper: 0.17mg (8.53%), Folate: 26.88µg (6.72%), Fiber: 1.46g (5.85%), Zinc: 0.87mg (5.83%), Vitamin E: 0.71mg (4.73%), Vitamin B12: 0.23µg (3.78%), Calcium: 34.98mg (3.5%), Manganese: 0.05mg (2.67%), Vitamin K: 2.08µg (1.98%)