



## Thai Teriyaki BBQ Chicken Kabobs

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

READY IN



**290 min.**

SERVINGS



**7**

CALORIES



**566 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3.5 pounds chicken thighs trimmed cut into 2-inch pieces
- 7 servings kikkoman chili sauce thai style (to serve)
- 2 teaspoons curry powder
- 2 tablespoons garlic crushed
- 2 teaspoons ground pepper black
- 2 onions cut into 2-inch pieces
- 2 bell peppers red cut into 2-inch pieces
- 1 cup kikkoman teriyaki marinade & sauce

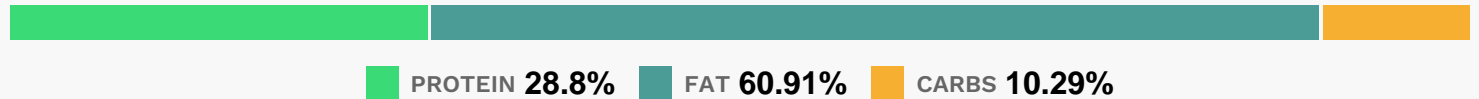
## Equipment

- bowl
- grill
- skewers

## Directions

- Combine Teriyaki Marinade and Sauce, garlic, pepper, and curry powder in a large bowl.
- Marinate chicken in a zipper-lock bag with onions and bell peppers, for about 4 hours to overnight.
- Skewer the items in the order of chicken, onion, then bell pepper.
- Heat grill to medium high, lightly oil the grill. Cook skewers turning occasionally for about 12–15 minutes until cooked through. Glaze generously with Less Sodium Teriyaki Marinade and Sauce right before cooked through.
- Serve with Kikkoman Thai Style Chili Sauce.

## Nutrition Facts



## Properties

Glycemic Index:18, Glycemic Load:1.37, Inflammation Score:-8, Nutrition Score:22.668695563855%

## Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.57mg, Isorhamnetin: 1.57mg, Isorhamnetin: 1.57mg, Isorhamnetin: 1.57mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg

## Nutrients (% of daily need)

Calories: 566.01kcal (28.3%), Fat: 37.94g (58.36%), Saturated Fat: 10.21g (63.84%), Carbohydrates: 14.42g (4.81%), Net Carbohydrates: 12.62g (4.59%), Sugar: 9.27g (10.3%), Cholesterol: 222.26mg (74.09%), Sodium: 1820.82mg (79.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.36g (80.71%), Selenium: 43.56µg (62.23%), Vitamin B3: 11.55mg (57.73%), Vitamin C: 47.42mg (57.48%), Vitamin B6: 1mg (50.01%), Phosphorus: 448.65mg (44.86%), Vitamin A: 1285.04IU (25.7%), Vitamin B5: 2.55mg (25.55%), Vitamin B12: 1.45µg (24.19%), Vitamin B2: 0.37mg

(22.01%), Potassium: 719.21mg (20.55%), Zinc: 3.08mg (20.53%), Magnesium: 79.01mg (19.75%), Iron: 2.73mg (15.19%), Vitamin B1: 0.22mg (14.94%), Manganese: 0.25mg (12.53%), Copper: 0.2mg (10.02%), Vitamin E: 1.25mg (8.33%), Folate: 33.2µg (8.3%), Vitamin K: 8.36µg (7.96%), Fiber: 1.79g (7.17%), Calcium: 48.44mg (4.84%), Vitamin D: 0.23µg (1.51%)