



Tomato-Basil Chicken Kabobs



Gluten Free



Dairy Free

READY IN



49 min.

SERVINGS



4

CALORIES



202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 pound mushrooms fresh
- ☐ 1 bell pepper red cut into 1-inch pieces
- ☐ 0.5 onion red cut into 1-inch chunks
- ☐ 1 pound chicken breast halves boneless skinless cut into 1-inch pieces
- ☐ 270 g philadelphia tomato & basil cooking creme divided
- ☐ 1 small zucchini yellow cut into 1-inch pieces

Equipment

- ☐ bowl

- ☐ grill
- ☐ microwave
- ☐ skewers

Directions

- ☐ Toss chicken with 1/2 cup Cooking Creme. Refrigerate 15 min.
- ☐ Heat barbecue to medium heat.
- ☐ Remove chicken from Cooking Creme; discard Cooking Creme. Thread chicken, alternately with vegetables, onto 4 long skewers.
- ☐ Grill 10 to 14 min. or until chicken is done, turning after 7 min.
- ☐ Microwave remaining Cooking Creme in microwaveable bowl on HIGH 30 sec. or just until warmed; stir.
- ☐ Place kabobs on platter; drizzle with Cooking Creme.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:0.96, Inflammation Score:-8, Nutrition Score:19.177826171336%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 202.36kcal (10.12%), Fat: 4.85g (7.46%), Saturated Fat: 0.97g (6.03%), Carbohydrates: 11.94g (3.98%), Net Carbohydrates: 8.34g (3.03%), Sugar: 7.99g (8.88%), Cholesterol: 72.57mg (24.19%), Sodium: 390.86mg (16.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.83g (53.67%), Vitamin B3: 13.29mg (66.46%), Vitamin C: 49.57mg (60.09%), Selenium: 39.08µg (55.83%), Vitamin B6: 1.03mg (51.5%), Vitamin A: 1429.77IU (28.6%), Phosphorus: 285.45mg (28.54%), Potassium: 885.57mg (25.3%), Vitamin B5: 2.21mg (22.12%), Vitamin B2: 0.28mg (16.71%), Fiber: 3.6g (14.39%), Magnesium: 42.29mg (10.57%), Vitamin B1: 0.13mg (8.75%), Folate: 32.73µg (8.18%), Copper: 0.15mg (7.34%), Iron: 1.22mg (6.77%), Manganese: 0.13mg (6.68%), Zinc: 1mg (6.65%), Vitamin E: 0.73mg (4.84%), Vitamin B12: 0.24µg (3.97%), Calcium: 38.09mg (3.81%), Vitamin K: 3.01µg (2.86%), Vitamin D: 0.17µg (1.13%)