



Turkish-Spiced Chicken Kebabs with Pomegranate Relish and Tahini Yogurt

READY IN



95 min.

SERVINGS



4

CALORIES



624 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon baharat spice mix
- ☐ 1 large garlic clove pressed
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup onion grated
- ☐ 0.3 cup parsley fresh italian coarsely chopped
- ☐ 0.7 cup pistachios unsalted shelled coarsely chopped
- ☐ 4 servings wholewheat pita breads

- ☐ 1.3 cups pomegranate seeds
- ☐ 0.5 cup greek yogurt plain greek-style
- ☐ 4 chicken breast halves boneless skinless halved lengthwise
- ☐ 0.3 cup tahini (sesame seed paste)

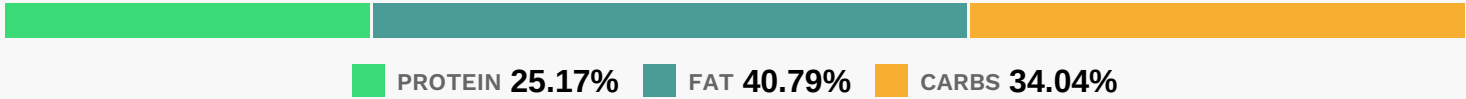
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ broiler
- ☐ skewers

Directions

- ☐ Combine lemon juice, Baharat Seasoning, and garlic in medium bowl; stir to blend.
- ☐ Let stand 5 minutes.
- ☐ Whisk in yogurt and tahini. Season tahini yogurt to taste with salt. DO AHEAD: Can be made up to 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Mix all ingredients in medium bowl. Season to taste with salt and freshly ground black pepper. DO AHEAD: Can be made 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Whisk first 4 ingredients in large bowl.
- ☐ Add chicken.
- ☐ Sprinkle with salt and pepper. Marinate at room temperature at least 1 hour and up to 2 hours.
- ☐ Preheat broiler. Thread 6 chicken pieces onto each skewer.
- ☐ Sprinkle with salt and pepper.
- ☐ Place on small rimmed baking sheet. Broil chicken until cooked through, 5 to 6 minutes per side. Arrange kebabs on platter.
- ☐ Serve with tahini yogurt, pomegranate relish, and warm pita breads.

Nutrition Facts



Properties

Glycemic Index:67.75, Glycemic Load:35.27, Inflammation Score:-7, Nutrition Score:31.064782578012%

Flavonoids

Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 623.87kcal (31.19%), Fat: 28.78g (44.27%), Saturated Fat: 4.06g (25.37%), Carbohydrates: 54.03g (18.01%), Net Carbohydrates: 47.16g (17.15%), Sugar: 10.5g (11.66%), Cholesterol: 73.57mg (24.52%), Sodium: 452mg (19.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.95g (79.9%), Vitamin K: 94.94µg (90.42%), Vitamin B3: 14.4mg (72.01%), Vitamin B6: 1.33mg (66.6%), Selenium: 45.71µg (65.29%), Phosphorus: 573.47mg (57.35%), Vitamin B1: 0.7mg (46.36%), Copper: 0.74mg (36.83%), Manganese: 0.64mg (32.14%), Potassium: 988.18mg (28.23%), Fiber: 6.87g (27.47%), Magnesium: 97.03mg (24.26%), Vitamin C: 19.63mg (23.79%), Vitamin B5: 2.27mg (22.74%), Folate: 77.26µg (19.32%), Vitamin B2: 0.33mg (19.28%), Iron: 3.25mg (18.06%), Zinc: 2.68mg (17.88%), Calcium: 142.74mg (14.27%), Vitamin E: 2.06mg (13.72%), Vitamin A: 552.14IU (11.04%), Vitamin B12: 0.4µg (6.68%)