



Turkish-Spiced Chicken Kebabs with Pomegranate Relish and Tahini Yogurt

READY IN



90 min.

SERVINGS



6

CALORIES



742 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon freshly cracked pepper black
- ☐ 1 tablespoon mint leaves dried
- ☐ 1 tablespoon oregano dried
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon ground nutmeg
- ☐ 6 tablespoon juice of lemon divided freshly squeezed
- ☐ 1 clove garlic finely minced

- ☐ 0.5 cup greek yogurt
- ☐ 0.3 cup tahini
- ☐ 1 cup pomegranate seeds
- ☐ 1 cup pistachio shelled toasted roughly chopped
- ☐ 0.5 cup flat leafed parsley roughly chopped
- ☐ 4 tablespoon olive oil divided
- ☐ 1 onion grated peeled
- ☐ 3 pound chicken thighs boneless skinless cut into 2-inch chunks
- ☐ 6 pita breads whole warmed

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ broiler
- ☐ skewers
- ☐ mortar and pestle

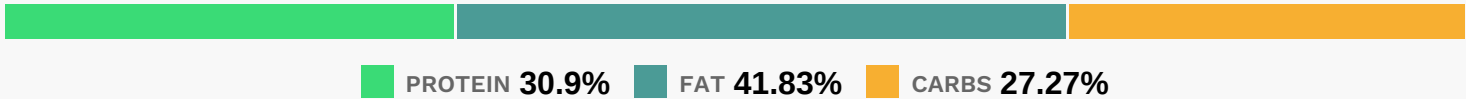
Directions

- ☐ Make the spice mix: Using mortar and pestle grind black pepper, dried mint, dried oregano, ground cinnamon, ground cumin, and ground nutmeg for 2 to 3 minutes. May be made 1 week ahead. Cover to store.
- ☐ Combine 3 tablespoons lemon juice, 1 tablespoon of the spice mix you just made, and garlic in medium bowl; stir to blend.
- ☐ Let stand 5 minutes.
- ☐ Whisk in yogurt and tahini. Season tahini yogurt to taste with salt. May be made up to 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Mix pomegranate seeds, pistachios, parsley, 2 tablespoons olive oil, 1 tablespoon lemon juice in medium bowl. Season to taste with salt and freshly ground black pepper. May be made

2 hours ahead.

- ☐ Let stand at room temperature.
- ☐ Whisk grated onion, 2 tablespoons lemon juice, 2 tablespoons olive oil, and remaining spice mix 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. Divide the chicken chunks between 6 skewer, threading them with out packing them too tightly.
- ☐ 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:59.33, Glycemic Load:32.95, Inflammation Score:-9, Nutrition Score:37.233043836511%

Flavonoids

Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg 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: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 742.25kcal (37.11%), Fat: 34.78g (53.52%), Saturated Fat: 5.78g (36.12%), Carbohydrates: 51.01g (17%), Net Carbohydrates: 44.55g (16.2%), Sugar: 7.21g (8.01%), Cholesterol: 216.29mg (72.1%), Sodium: 518.26mg (22.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.81g (115.62%), Vitamin K: 104.06µg (99.11%), Selenium: 58.17µg (83.1%), Vitamin B3: 15mg (74.98%), Vitamin B6: 1.48mg (74.03%), Phosphorus: 713.63mg (71.36%), Vitamin B1: 0.74mg (49.06%), Manganese: 0.78mg (38.93%), Copper: 0.73mg (36.5%), Zinc: 5.17mg (34.47%), Vitamin B2: 0.58mg (34.36%), Vitamin B5: 3.29mg (32.86%), Potassium: 1073.07mg (30.66%), Magnesium: 117.39mg (29.35%), Iron: 5.25mg (29.15%), Vitamin B12: 1.57µg (26.14%), Fiber: 6.46g (25.85%), Vitamin C: 18.39mg (22.29%), Folate: 72.11µg (18.03%), Vitamin E: 2.62mg (17.5%), Calcium: 162.78mg (16.28%), Vitamin A: 617.33IU (12.35%)