



Yogurt-and-Spice Grilled Chicken Skewers

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon chili powder
- 1 teaspoon garlic powder
- 0.3 teaspoon ground pepper
- 0.3 cup dijon honey mustard
- 1 cup yogurt plain low-fat
- 0.7 cup cream sour reduced-fat
- 1 teaspoon onion powder
- 1 teaspoon paprika

- 0.5 teaspoon salt
- 1.5 pounds chicken breast boneless skinless trimmed
- 12 frangelico
- 12 frangelico

Equipment

- bowl
- whisk
- grill
- ziploc bags
- skewers
- colander
- grill pan

Directions

- For the dipping sauce, mix the honey mustard and sour cream in a small bowl. Cover and refrigerate until needed. This sauce can be made up to 2 days in advance.
- In a small bowl, whisk together all marinade ingredients; set aside.
- Cut each chicken breast lengthwise into 4 long, thin strips. You should end up with about 12 strips.
- Place the strips into a gallon-size zip-top plastic bag.
- Pour the marinade mixture over the chicken, and close the bag. Then flip the bag a few times to ensure that all pieces are coated with marinade, and refrigerate for at least 4 hours or overnight.
- When ready to cook, transfer the chicken to a colander to drain off excess marinade. With clean hands, skewer each piece of chicken, threading it onto the end of a skewer. Continue until all of the chicken pieces are skewered.
- Preheat the grill or grill pan to medium heat. Cook for about 2 1/2 minutes on each side, testing chicken for doneness before serving (meat should be opaque).
- Transfer skewers to a clean platter.

- Remove the chicken from the skewers, if desired.
- Serve chicken while hot with the dipping sauce alongside.

Nutrition Facts



Properties

Glycemic Index:8.67, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:13.733913102876%

Nutrients (% of daily need)

Calories: 221.89kcal (11.09%), Fat: 6.37g (9.8%), Saturated Fat: 2.75g (17.21%), Carbohydrates: 11.16g (3.72%), Net Carbohydrates: 10.87g (3.95%), Sugar: 5.79g (6.43%), Cholesterol: 83.97mg (27.99%), Sodium: 447.82mg (19.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.31g (54.62%), Vitamin B3: 11.96mg (59.79%), Selenium: 38.66µg (55.22%), Vitamin B6: 0.9mg (44.89%), Phosphorus: 320.01mg (32%), Vitamin B5: 1.87mg (18.73%), Potassium: 591.12mg (16.89%), Vitamin B2: 0.24mg (14.05%), Calcium: 119.66mg (11.97%), Magnesium: 40.72mg (10.18%), Vitamin B12: 0.56µg (9.38%), Zinc: 1.2mg (8.01%), Vitamin A: 386.94IU (7.74%), Vitamin B1: 0.11mg (7.08%), Iron: 0.62mg (3.44%), Vitamin E: 0.49mg (3.29%), Folate: 12.59µg (3.15%), Vitamin C: 2.07mg (2.51%), Copper: 0.05mg (2.46%), Manganese: 0.04mg (1.91%), Fiber: 0.29g (1.17%), Vitamin D: 0.16µg (1.1%)