



Yogurt-Marinated Chicken Kebabs

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 large cloves garlic crushed
- ☐ 1.3 teaspoons ground coriander
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1.3 cups yogurt plain low-fat
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion cut into 1-inch chunks
- ☐ 1 large bell pepper red cored seeded cut into 1-inch chunks
- ☐ 4 servings salt and pepper

☐ 2 pounds chicken breast boneless skinless cut into 1-inch cubes

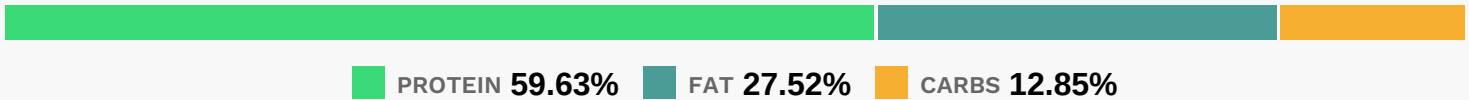
Equipment

- ☐ grill
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ skewers
- ☐ grill pan
- ☐ wooden skewers

Directions

- ☐ Soak 8 (9-inch) wooden skewers in water for 30 minutes prior to grilling. In a large resealable plastic bag, combine yogurt, lemon juice, coriander and garlic; season with pepper.
- ☐ Add chicken and seal bag, rubbing chicken to completely coat. Refrigerate for at least 2 hours or overnight.
- ☐ Wipe marinade off chicken; discard marinade. Thread onto skewers, alternating with pepper and onion pieces. Season with salt.
- ☐ Heat grill pan over medium-high heat, brush with oil, add kebabs (in batches if necessary) and cover with foil. Grill on medium heat, turning on all sides, until chicken is cooked through, about 12 minutes.
- ☐ Serve kebabs with grilled pita bread, rice, and a green vegetable or salad.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:1.09, Inflammation Score:-8, Nutrition Score:30.172173593355%

Flavonoids

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 Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.88mg,

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 365.59kcal (18.28%), Fat: 10.93g (16.81%), Saturated Fat: 2.63g (16.43%), Carbohydrates: 11.48g (3.83%), Net Carbohydrates: 9.98g (3.63%), Sugar: 8.42g (9.36%), Cholesterol: 150.05mg (50.02%), Sodium: 517.14mg (22.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.29g (106.57%), Vitamin B3: 24.21mg (121.03%), Selenium: 75.9µg (108.43%), Vitamin B6: 1.91mg (95.52%), Vitamin C: 60.89mg (73.81%), Phosphorus: 616.38mg (61.64%), Vitamin B5: 3.89mg (38.89%), Potassium: 1167.58mg (33.36%), Vitamin A: 1394.4IU (27.89%), Vitamin B2: 0.45mg (26.27%), Magnesium: 82.74mg (20.68%), Calcium: 177.09mg (17.71%), Vitamin B12: 0.91µg (15.18%), Zinc: 2.24mg (14.91%), Vitamin B1: 0.22mg (14.61%), Vitamin E: 1.62mg (10.83%), Folate: 41.81µg (10.45%), Manganese: 0.16mg (7.87%), Iron: 1.29mg (7.18%), Fiber: 1.51g (6.03%), Copper: 0.1mg (5.01%), Vitamin K: 4.84µg (4.61%), Vitamin D: 0.23µg (1.51%)