



Yogurt-marinated Chicken Kebabs with Israeli Couscous

READY IN



45 min.

SERVINGS



4

CALORIES



573 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon curry powder
- ☐ 0.3 cup feta cheese crumbled
- ☐ 2 tablespoons mint leaves fresh divided chopped
- ☐ 2 teaspoons garam masala (see Notes)
- ☐ 2 garlic clove minced
- ☐ 1.5 cups regular couscous (see Notes)
- ☐ 1 teaspoon lemon zest fresh shredded finely

- ☐ 1.5 cups yogurt plain low-fat divided
- ☐ 2 teaspoons olive oil
- ☐ 2 medium bell pepper red seeded cut into 1 1/2-in. pieces
- ☐ 3 tablespoons onion red minced
- ☐ 1 tablespoon salt divided
- ☐ 1.5 pounds chicken breast cut into 1 1/2-in. pieces
- ☐ 16 servings frangelico
- ☐ 16 servings frangelico

Equipment

- ☐ bowl
- ☐ pot
- ☐ grill
- ☐ ziploc bags
- ☐ metal skewers

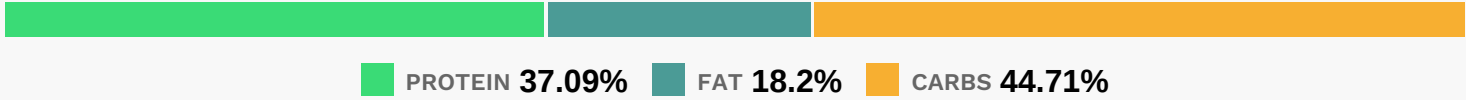
Directions

- ☐ Combine 1 cup yogurt, garam masala, curry powder, garlic, 1 tsp. salt, and pepper in a large resealable plastic bag.
- ☐ Add chicken, seal bag, and shake to coat.
- ☐ Let marinate 20 minutes at room temperature.
- ☐ In a small bowl, stir together remaining 1/2 cup yogurt, the feta, onion, lemon zest, and 1 tbsp. mint; set aside.
- ☐ Bring 2 qts. water to a boil and add 1 tbsp. salt.
- ☐ Add couscous and cook until tender, 12 to 15 minutes.
- ☐ Drain, return to pot, and add olive oil. Cover to keep warm.
- ☐ Thread chicken and bell pepper onto metal skewers and discard marinade. Preheat a gas or charcoal grill to medium-high (you can hold your hand 1 to 2 in. above cooking grate only 3 to 4 seconds). Grill kebabs, turning once, until chicken is browned and cooked through, about 10 minutes. Pile couscous on a platter, sprinkle with remaining 1 tbsp. mint, and arrange kebabs

around it.

☐ Serve with yogurt-feta sauce.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:31.4, Inflammation Score:-9, Nutrition Score:35.283043602239%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 572.65kcal (28.63%), Fat: 11.35g (17.46%), Saturated Fat: 3.96g (24.73%), Carbohydrates: 62.73g (20.91%), Net Carbohydrates: 57.45g (20.89%), Sugar: 9.34g (10.37%), Cholesterol: 125.5mg (41.83%), Sodium: 2159.43mg (93.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.04g (104.07%), Vitamin B3: 20.87mg (104.37%), Vitamin C: 81.46mg (98.73%), Selenium: 59.75µg (85.36%), Vitamin B6: 1.65mg (82.69%), Phosphorus: 664.61mg (66.46%), Vitamin A: 2126.61IU (42.53%), Vitamin B5: 4.11mg (41.05%), Manganese: 0.72mg (36.07%), Vitamin B2: 0.59mg (34.43%), Potassium: 1127.5mg (32.21%), Calcium: 273.6mg (27.36%), Magnesium: 102.52mg (25.63%), Fiber: 5.28g (21.14%), Vitamin B1: 0.32mg (21.04%), Zinc: 2.93mg (19.55%), Vitamin B12: 1.07µg (17.77%), Folate: 66.3µg (16.58%), Copper: 0.26mg (12.76%), Iron: 2.1mg (11.68%), Vitamin E: 1.72mg (11.45%), Vitamin K: 5.83µg (5.55%), Vitamin D: 0.22µg (1.47%)