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Spicy Chicken and Zucchini Kebabs

Spicy Chicken and Zucchini Kebabs are a delicious and healthy grilling option. The chicken is marinated in a spicy blend of herbs and spices, then skewered with zucchini and grilled to perfection. This dish is perfect for summer barbecues and outdoor gatherings.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 15 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	chicken breast
400 g	zucchini
2 tbsp	olive oil

3 cloves	garlic
2 tsp	paprika
1 tsp	cayenne pepper
1 tsp	salt
1 tsp	black pepper
2 tbsp	lemon juice
2 tbsp	fresh parsley

Directions

Step 1

Mixing

In a bowl, combine the olive oil, garlic, paprika, cayenne pepper, salt, black pepper, lemon juice, and fresh parsley to make the marinade.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Cut the chicken breast into bite-sized pieces and add them to the marinade. Let the chicken marinate for at least 15 minutes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cutting

Cut the zucchini into thick slices. Thread the marinated chicken and zucchini onto skewers.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Grilling

Preheat the grill to medium-high heat. Grill the kebabs for about 10-12 minutes, turning occasionally, until the chicken is cooked through and the zucchini is tender.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Resting

Remove the kebabs from the grill and let them rest for a few minutes before serving. Serve hot with your favorite dipping sauce.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 6 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	6 g	10.91%	12%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	4 mg	0.4%	0.4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	8 mg	100%	44.44%
Potassium	10 mg	0.29%	0.38%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Events

Barbecue Picnic

Kitchen Tools

Grill Slow Cooker Pressure Cooker

Course

Appetizers Main Dishes Side Dishes Salads Snacks Sauces & Dressings
Desserts Drinks

Healthy For

Gastroesophageal reflux disease (GERD) Gastritis Peptic ulcer disease
Inflammatory bowel disease (IBD) Irritable bowel syndrome (IBS)

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

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