

The 'Un' Shish Kabob

Yield: 6 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/brussel-sprouts-recipe-italian-dressing>

Ingredients:

- 4 boneless, skinless chicken breasts
- 8 ounces mushrooms
- 1 onion small
- 4 tablespoons butter melted
- 1/4 cup Italian dressing
- salt
- pepper
- 8 ounces brussel sprouts
- 2 Roma tomatoes
- 3 potatoes

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 70 milligrams
4. Fat: 13 grams
5. Fiber: 5 grams
6. Protein: 22 grams
7. SaturatedFat: 6 grams
8. Sodium: 450 milligrams
9. Sugar: 5 grams

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