

# Kabobs

Yield: 10 min  
Total Time: 280 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-kabobs-recipes>

## Ingredients:

- 1/2 cup teriyaki sauce
- 1/2 cup honey
- 1/2 teaspoon garlic powder
- 1/2 pinch ground ginger
- 2 red bell peppers cut into 2 inch pieces
- 1 sweet onion large, peeled and cut into wedges
- 1 1/2 cups fresh mushrooms whole
- 1 pound beef sirloin cut into 1 inch cubes
- 1 1/2 pounds skinless boneless chicken breast halves cut into cubes

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 20 milligrams
4. Fat: 2 grams
5. Fiber: 1 grams
6. Protein: 12 grams
7. SaturatedFat: 1 grams
8. Sodium: 580 milligrams
9. Sugar: 19 grams

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