

Shish Tawook Marinated Chicken

Yield: 6 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/lebanese-chicken-skewers-recipe>

Ingredients:

- 3 tablespoons vegetable oil
- 2 tablespoons plain low-fat yogurt
- 2 tablespoons ketchup
- 2 tablespoons prepared mustard
- 1 1/2 teaspoons garlic powder
- 2 teaspoons paprika
- 1 1/2 teaspoons ground allspice
- 1/2 teaspoon black pepper
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon curry powder optional
- 3 pounds boneless skinless chicken breast halves cut into bite size pieces
- 1/2 cup mayonnaise
- 1 cup plain low-fat yogurt
- 3 cloves minced garlic
- 1/4 teaspoon salt

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 5 milligrams
4. Fat: 14 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 390 milligrams
9. Sugar: 6 grams

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