

Bbq Chicken Kebabs

Yield: 6 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-bbq-spice-recipe>

Ingredients:

- 2 pounds chicken breasts 4-6 breasts chopped into bite size pieces
- 1 tablespoon olive oil
- 1 1/2 teaspoons smoked paprika
- 2 teaspoons brown sugar
- 1 1/2 teaspoons salt
- 1 teaspoon chili powder
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon thyme
- 1/4 teaspoon pepper
- 1 teaspoon spices reserved, in directions
- 1/2 cup ketchup
- 1/4 cup brown sugar packed
- 3 tablespoons molasses
- 2 tablespoons cider vinegar
- 1 teaspoon Dijon mustard
- 1 tablespoon butter

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 100 milligrams
4. Fat: 9 grams
5. Fiber: 1 grams
6. Protein: 33 grams
7. SaturatedFat: 3 grams
8. Sodium: 1010 milligrams
9. Sugar: 17 grams

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