

Allameh

Helli 3

School Tour -

Darabad



**Joojeh Kabob**

## Boneless Chicken Breast Kabob (Joojeh Kabob) (8 Oz Serving) Recipe

*Recipe Ingredients for Boneless Chicken Breast Kabob (Joojeh Kabob) (8 oz serving)*

- 1 1/2 tsp black pepper, ground*
- 1 1/2 tsp salt*
- 1/4 cup butter, unsalted*
- 1/4 cup lemon juice*
- 2 tbs extra-virgin olive oil*
- 2 onions, sliced thin*
- 1/2 tsp saffron, ground*
- 3 1/2 lb chicken breast, boneless skinless*
- 2 garlic cloves, crushed*
- 1/2 cup yogurt, plain*

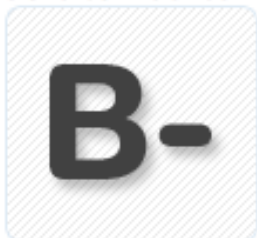
*Recipe Directions for Boneless Chicken Breast Kabob (Joojeh Kabob) (8 oz serving)*

- 1. 1.Cut into 2-inch cubes:*
- 2. ◦3 1/2 lb chicken breast, boneless skinless*
- 3. 2.Place chicken in a large shallow container and mix in:*
- 4. ◦2 onions, sliced thin*
- 5. ◦1/4 tsp saffron, ground & dissolved in 2 TBS of hot water*
- 6. ◦1/2 cup yogurt, plain*
- 7. ◦2 TBS extra-virgin olive oil*
- 8. ◦2 garlic cloves, crushed*
- 9. ◦1 1/2 tsp salt*
- 10. ◦1 1/2 tsp black pepper, ground*
- 11. 3.Coat all pieces of chicken completely with marinade.*

12. 4. Cover and marinate at least 6 hours and up to 2 days in the refrigerator.
13. 5. Start your charcoal at least 30 minutes prior to grilling.
14. 6. Slide chicken breast pieces close together onto metal skewers, leaving room on each end of the skewer to handle without burning yourself. This also insures the meat is resting on the hottest part of your grill.
15. 7. In a small saucepan cook over medium heat until melted and combined:
16. ◦ 1/4 cup butter, unsalted
17. ◦ 1/4 cup lemon juice
18. ◦ 1/4 tsp saffron, ground & dissolved in 1 TBS of hot water
19. 8. Grill kabobs for 8-15 minutes, turning occasionally and basting with butter-lemon mix.
20. 9. The chicken is done when the juice running out is no longer pink.
21. 10. Remove from heat and remove meat from skewers by grabbing it and sliding it down the skewer with:
22. ◦ 1 lavash bread
23. 11. To keep warm until all the chicken is cooked, cover with:
24. ◦ 1 lavash bread
25. 12. Serve hot.

## Health Information

**Nutrition Grade**  
96% confidence



### Good points

- Low in **sugar**
- Very high in **niacin**
- High in **phosphorus**
- Very high in **selenium**
- High in **vitamin B6**

### Bad points

- High in **cholesterol**

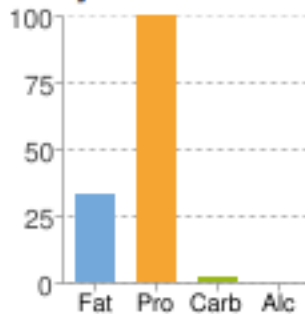
**Legend**

- Fat
- Protein
- Carbs
- Alcohol
- Other

**Calorie Breakdown**



**Daily Values**



## Nutrition Facts

Serving Size 348.9g

**Amount Per Serving**

**Calories** 579 Calories from Fat 197

<b>Total Fat</b> 21.9g	<b>34%</b>
Saturated Fat 8.4g	<b>42%</b>
Trans Fat 0.0g	

**Cholesterol** 247mg **82%**

**Sodium** 848mg **35%**

**Potassium** 805mg **23%**

**Total Carbohydrates** 6.5g **2%**

Dietary Fiber 0.8g **3%**

Sugars 3.3g

**Protein** 83.9g

Vitamin A 6%

Vitamin C 13%

Calcium 9%

Iron 17%

\* Based on a 2000 calorie diet

*Nutritional details are an estimate and should only be used as a guide for approximation.*