Low-Carb Chipotle Chicken Skewers

Hands-on 15 minutes Overall 1 hour 30 minutes

Nutritional values (per serving, 2 skewers): Total carbs: 13.9 g, Fiber: 5.3 g, **Net carbs: 8.6 g**, Protein: 27.8 g, Fat: 26 g, Calories: 399 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app

Ingredients (makes 4 servings, 8 skewers)

Skewers:

450 g chicken breasts, boneless and skinless (1 lb)

1/4 cup chipotle peppers in adobo, minced (55 g/ 1.9 oz)

2 tbsp lime juice (30 ml)

3 medium peppers (360 g/ 12.5 oz) - *we used green, yellow and red*

1 medium red onion (100 g/ 3.5 oz)

Avocado dipping sauce:

1/2 large avocado (100 g/ 3.5 oz)

1/2 cup sour cream *or* coconut cream (115 g/ 4.1 oz)

2 tbsp cilantro (8 g/ 0.3 oz)

1/2 jalapeno pepper (7 g/ 0.3 oz)

2 tbsp lime juice (30 ml)

1/4 cup extra virgin olive oil (60 ml/ 2 fl oz)

salt, to taste

Instructions

1. Cut the chicken into 2.5 cm (1 inch) pieces. Place the chicken in a lidded container with chipotle peppers in adobo sauce and lime juice and mix to combine. Refrigerate for up to 6 hours but no less than one hour.
2. Cut the peppers and onion into 2 1/2 cm (1 inch) pieces. Skewer the chicken and vegetables (you should end up with 8 skewers, 2 skewers per serving).
3. Blend all of the dipping sauce ingredients together in a blender or food processor until smooth.
4. Preheat the grill or grill pan to high heat, grill skewers for 5 - 7 minutes per side until cooked through.
5. Serve the skewers with the dipping sauce.

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