



All-in-One Shrimp Skewers with Grilled Rice

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



45

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups chicken broth fat-free reduced-sodium
- 1 green onion thinly sliced
- 1.5 cups rice white instant uncooked
- 0.5 cup dressing fat free italian divided kraft
- 1 pepper and zucchini red finely chopped
- 0.8 lb shrimp with tails left on, deveined uncooked peeled

Equipment

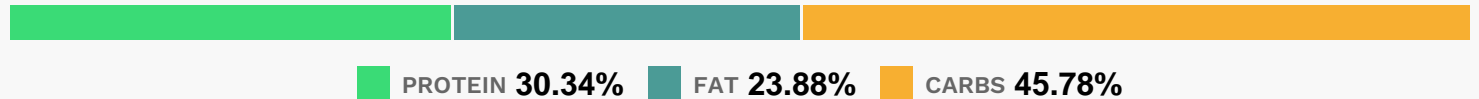
- grill

- aluminum foil
- skewers

Directions

- Heat grill to medium-high heat.
- Toss shrimp with 1/4 cup dressing.
- Let stand 10 min.
- Drain; discard dressing. Thread shrimp evenly onto 4 skewers.
- Stack 3 (14-inch) squares of foil. Fold foil in half, then double-fold 2 opposite sides to make pouch. Spoon rice, zucchini and peppers into pouch. Gradually add broth and remaining dressing. Double-fold foil at top of pouch to seal.
- Grill packet 10 to 15 min. or until liquid is absorbed.
- Remove from grill.
- Let stand 5 min. Meanwhile, grill shrimp skewers 5 min. or until shrimp turn pink.
- Spoon rice mixture onto platter; top with shrimp and onions.

Nutrition Facts



Properties

Glycemic Index:1.42, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.91130434754102%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 24.03kcal (1.2%), Fat: 0.63g (0.97%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 2.72g (0.91%), Net Carbohydrates: 2.65g (0.96%), Sugar: 0.3g (0.33%), Cholesterol: 12.17mg (4.06%), Sodium: 66.21mg (2.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.6%), Phosphorus: 20.92mg (2.09%), Folate: 8.13µg (2.03%), Vitamin K: 2.05µg (1.96%), Vitamin B1: 0.03mg (1.85%), Copper: 0.04mg (1.85%), Selenium: 1.29µg (1.84%), Manganese: 0.04mg (1.78%), Iron: 0.24mg (1.35%), Vitamin B3: 0.25mg (1.24%)