



Apricot-Curry Glazed Shrimp Skewers

 Gluten Free

READY IN



31 min.

SERVINGS



8

CALORIES



121 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup apricot preserves
- 0.1 teaspoon pepper black freshly ground
- 2 teaspoons curry powder
- 1 tablespoon dijon mustard
- 0.3 teaspoon garlic powder
- 0.1 teaspoon ground pepper red
- 2 tablespoons butter light melted
- 1.5 teaspoons rice vinegar

- 0.1 teaspoon salt
- 1.3 pounds shrimp

Equipment

- bowl
- grill
- broiler
- skewers
- broiler pan
- wooden skewers

Directions

- Prepare grill or broiler.
- Peel and devein shrimp, leaving tails intact.
- Combine preserves and next 8 ingredients in a medium bowl; stir well. Reserve 1/2 cup preserves mixture to serve as a dip with shrimp skewers.
- Add shrimp to remaining preserves mixture in bowl; toss well to coat.
- Thread 3 shrimp onto each of 8 (6- inch) skewers.
- Place skewers on a grill rack or broiler pan coated with cooking spray; cook 2 minutes on each side or until shrimp are done.
- Serve immediately with reserved 1/2 cup preserves mixture.
- Note: If using wooden skewers, soak them in water 30 minutes before grilling or broiling.

Nutrition Facts



PROTEIN 49.96% **FAT 17.92%** **CARBS 32.12%**

Properties

Glycemic Index:19.5, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:3.3752174277021%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 120.93kcal (6.05%), Fat: 2.48g (3.82%), Saturated Fat: 1.3g (8.1%), Carbohydrates: 10.02g (3.34%), Net Carbohydrates: 9.7g (3.53%), Sugar: 6.46g (7.18%), Cholesterol: 125.42mg (41.81%), Sodium: 154.45mg (6.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.58g (31.16%), Phosphorus: 167.75mg (16.78%), Copper: 0.32mg (15.85%), Magnesium: 29.58mg (7.39%), Zinc: 1.07mg (7.12%), Potassium: 226.17mg (6.46%), Calcium: 56.93mg (5.69%), Iron: 0.69mg (3.85%), Manganese: 0.07mg (3.31%), Vitamin A: 109.18IU (2.18%), Vitamin C: 1.39mg (1.69%), Selenium: 1.09µg (1.55%), Vitamin E: 0.2mg (1.34%), Fiber: 0.32g (1.26%)