



## Bacon-Bundled BBQ Shrimp

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

READY IN



**30 min.**

SERVINGS



**4**

CALORIES



**165 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon apple cider vinegar
- 1 tablespoon brown sugar packed (not )
- 0.3 cup tomato sauce canned
- 0.5 teaspoon garlic powder
- 3 tablespoons catsup
- 16 large shrimp raw deveined peeled (not jumbo)
- 8 slices center-cut bacon halved

## Equipment

- bowl
- baking sheet
- oven

## Directions

- Preheat the oven to 425 degrees F.
- To make the sauce, combine tomato sauce, ketchup, vinegar, sugar, and garlic powder in a small bowl.
- Mix well and set aside.
- Lightly spray a baking sheet with nonstick spray. Take a half-slice of bacon and coat it in the sauce. Wrap the sauce-covered bacon around a shrimp and place it, seam side down, on the baking sheet.
- Repeat with the rest of the bacon and shrimp.
- Bake in the oven until the shrimp are cooked through and the bacon is crispy, 10 to 15 minutes. So good!

## Nutrition Facts



## Properties

Glycemic Index:22.5, Glycemic Load:0.38, Inflammation Score:-2, Nutrition Score:6.7730434770169%

## Flavonoids

Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 165.05kcal (8.25%), Fat: 8.29g (12.76%), Saturated Fat: 2.38g (14.87%), Carbohydrates: 8.65g (2.88%), Net Carbohydrates: 8.28g (3.01%), Sugar: 6.06g (6.73%), Cholesterol: 77.84mg (25.95%), Sodium: 1066.27mg (46.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.16g (28.32%), Selenium: 19.39µg (27.71%), Phosphorus: 236.81mg (23.68%), Vitamin B3: 2.07mg (10.35%), Vitamin B6: 0.2mg (9.96%), Vitamin B12: 0.54µg (9.08%), Zinc: 1.31mg (8.76%), Vitamin E: 1.28mg (8.51%), Copper: 0.15mg (7.58%), Potassium: 259.25mg (7.41%), Vitamin B2: 0.11mg (6.22%), Magnesium: 22.19mg (5.55%), Iron: 0.96mg (5.33%), Vitamin A: 218.12IU (4.36%), Folate: 13.18µg (3.29%), Calcium: 31.71mg (3.17%), Manganese: 0.06mg (2.98%), Vitamin K: 3.02µg (2.87%), Vitamin C: 1.89mg (2.3%), Vitamin B1: 0.03mg (2.17%), Vitamin B5: 0.2mg (1.99%), Fiber: 0.37g (1.5%), Vitamin D: 0.15µg (1.01%)