



Bacon Wrapped Barbeque Shrimp

 Gluten Free  Dairy Free  Low Fod Map

READY IN



50 min.

SERVINGS



4

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 slices bacon
- 4 servings barbeque seasoning to taste
- 16 large shrimp deveined peeled

Equipment

- frying pan
- oven
- toothpicks
- aluminum foil

Directions

- Preheat oven to 450 degrees F (230 degrees C).
- Wrap shrimp with 1/2 slice of bacon, securing with a toothpick. Be sure and use the large shrimp--the cooking time for the shrimp and the bacon is similar. If you use medium-sized shrimp, you might want to precook the bacon a little--over cooked shrimp are tough and rubbery--and a real shame.
- Line a jelly roll pan with extra heavy duty foil, and place baking rack in pan.
- Place the shrimp on the rack, and sprinkle heavily with the barbecue seasoning, turn and sprinkle second side.
- Let the shrimp sit for 15 minutes. The bacon will turn from creamy white to a little opaque, and the seasonings will soak in.
- Cook the bacon for 10 to 15 minutes. The rack keeps the shrimp from sitting in the draining bacon fat. With a little luck, you won't tear the foil -- you can throw that away and only have to scrub the rack.

Nutrition Facts

PROTEIN 24.98% **FAT 72.74%** **CARBS 2.28%**

Properties

Glycemic Index:1.25, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:4.8773913032821%

Nutrients (% of daily need)

Calories: 220.13kcal (11.01%), Fat: 17.71g (27.25%), Saturated Fat: 5.91g (36.91%), Carbohydrates: 1.25g (0.42%), Net Carbohydrates: 0.83g (0.3%), Sugar: 0.04g (0.05%), Cholesterol: 93.44mg (31.15%), Sodium: 339.13mg (14.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.68g (27.37%), Phosphorus: 150.44mg (15.04%), Selenium: 8.89µg (12.7%), Vitamin B3: 1.82mg (9.08%), Copper: 0.18mg (9.06%), Vitamin B1: 0.12mg (8.21%), Zinc: 1.08mg (7.21%), Vitamin B6: 0.13mg (6.37%), Vitamin K: 6.22µg (5.92%), Potassium: 205.32mg (5.87%), Magnesium: 21.98mg (5.49%), Calcium: 43.77mg (4.38%), Iron: 0.76mg (4.2%), Vitamin B12: 0.22µg (3.67%), Manganese: 0.07mg (3.4%), Vitamin B5: 0.25mg (2.53%), Vitamin E: 0.37mg (2.48%), Vitamin B2: 0.04mg (2.41%), Fiber: 0.43g (1.7%), Vitamin D: 0.18µg (1.17%)