



Bacon-Wrapped BBQ-Shrimp Kabobs

 Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



20

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 slices oscar mayer bacon fully cooked cut in half
- 0.5 cup bull's-eye original barbecue sauce
- 0.8 lb shrimp deveined uncooked peeled
- 2 pasilla peppers yellow cut into 10 pieces
- 2 zucchini trimmed cut into 10 slices

Equipment

- grill
- skewers

Directions

- Heat grill to medium heat.
- Wrap 1 bacon piece around each shrimp. Thread 2 each shrimp, zucchini slices and pepper pieces alternately onto 10 skewers.
- Grill 3 to 4 min. on each side or until shrimp turn pink, turning and brushing occasionally with barbecue sauce.

Nutrition Facts



Properties

Glycemic Index:0.75, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:3.7078261129234%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 79.17kcal (3.96%), Fat: 4.59g (7.05%), Saturated Fat: 1.5g (9.39%), Carbohydrates: 4.42g (1.47%), Net Carbohydrates: 4.05g (1.47%), Sugar: 2.86g (3.18%), Cholesterol: 34.65mg (11.55%), Sodium: 168.51mg (7.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.44%), Vitamin C: 25.39mg (30.77%), Phosphorus: 63.97mg (6.4%), Copper: 0.1mg (4.97%), Potassium: 159.66mg (4.56%), Vitamin B6: 0.09mg (4.33%), Selenium: 2.38µg (3.4%), Vitamin B3: 0.68mg (3.4%), Magnesium: 13.16mg (3.29%), Manganese: 0.06mg (3.22%), Zinc: 0.45mg (3.02%), Vitamin B1: 0.04mg (2.94%), Vitamin B2: 0.03mg (2.02%), Folate: 7.94µg (1.99%), Calcium: 18.24mg (1.82%), Iron: 0.31mg (1.7%), Vitamin A: 83.09IU (1.66%), Fiber: 0.37g (1.47%), Vitamin B5: 0.13mg (1.33%)