



WHATSheATE



Bacon-Wrapped Prawns with Chipotle BBQ Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



50 min.

SERVINGS



6

CALORIES



319 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounces bacon
- ☐ 0.5 cup bbq sauce
- ☐ 0.3 cup canola oil
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 3 tablespoons chipotle pepper in adobo
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 teaspoon ground pepper black

- ☐ 3 tablespoons juice of lemon
- ☐ 0.5 teaspoon chile flakes red
- ☐ 20 shrimp shelled deveined ()

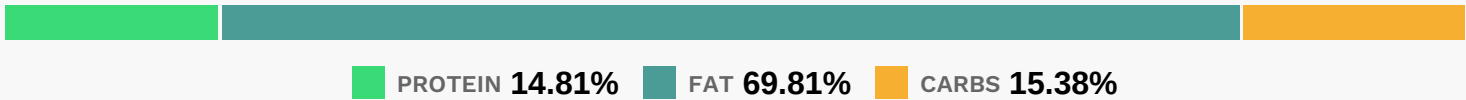
Equipment

- ☐ paper towels
- ☐ blender
- ☐ grill
- ☐ skewers

Directions

- ☐ Special equipment: 5 to 8 bamboo skewers
- ☐ Soak the bamboo skewers in water, to keep from burning during grilling.
- ☐ Partially cook the bacon; cut in half, and let cool on paper towels. Wrap the bacon around the shrimp, and skewer with bamboo through the point where the bacon ends meet (to keep from unraveling). Skewer 3 to 5 shrimp per bamboo.
- ☐ Combine the BBQ sauce, oil, chipotle, lemon juice, mustard, chile flakes, black pepper and cayenne in a blender and puree. Separate the sauce in half, one for basting and one for dipping.
- ☐ Cook the bacon-wrapped shrimp on a grill over medium heat. When the shrimp begin to turn pink, begin basting with the chipotle sauce.
- ☐ Serve with the remaining sauce on the side for dipping.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:5.6586956692779%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 318.58kcal (15.93%), Fat: 24.8g (38.15%), Saturated Fat: 5.77g (36.09%), Carbohydrates: 12.29g (4.1%), Net Carbohydrates: 11.1g (4.03%), Sugar: 8.66g (9.62%), Cholesterol: 78.61mg (26.2%), Sodium: 565.81mg (24.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.84g (23.68%), Vitamin E: 2.1mg (13.97%), Phosphorus: 134.71mg (13.47%), Selenium: 8.81µg (12.59%), Vitamin B3: 1.71mg (8.55%), Copper: 0.17mg (8.48%), Vitamin B1: 0.12mg (7.81%), Vitamin K: 7.5µg (7.14%), Potassium: 235.65mg (6.73%), Vitamin B6: 0.13mg (6.47%), Zinc: 0.96mg (6.42%), Magnesium: 21.47mg (5.37%), Fiber: 1.2g (4.78%), Iron: 0.75mg (4.17%), Vitamin C: 3.12mg (3.78%), Manganese: 0.07mg (3.58%), Calcium: 34.16mg (3.42%), Vitamin B12: 0.19µg (3.15%), Vitamin A: 154.52IU (3.09%), Vitamin B2: 0.05mg (2.9%), Vitamin B5: 0.27mg (2.69%), Vitamin D: 0.15µg (1.01%)