



Bacon-Wrapped Shrimp



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



60 min.

SERVINGS



12

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup kosher salt (Diamond Crystal) (if using Morton's kosher salt, use only 3 tablespoons)
- ☐ 0.3 cup sugar
- ☐ 4 cups water
- ☐ 1 cup ice cubes
- ☐ 1 pound shrimp raw deveined peeled (12 to 20 count) (tail on)
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 lime zest
- ☐ 2 tablespoons juice of lime

- ☐ 0.5 teaspoon chili powder to taste (less)
- ☐ 6 strips bacon cut in half (half as many pieces of bacon as there are shrimp) thin

Equipment

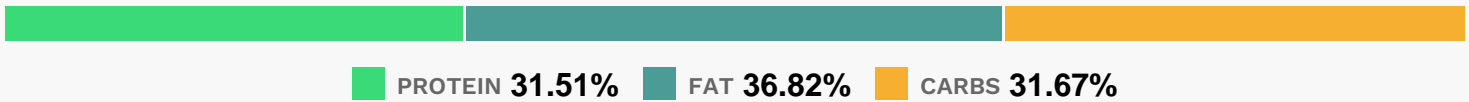
- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ toothpicks
- ☐ grill
- ☐ aluminum foil
- ☐ microwave
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Whisk the salt, sugar, and water until the salt and sugar dissolve.
- ☐ Add the ice and the shrimp, and let sit for 30 minutes (no longer).
- ☐ Remove the shrimp from the brine.
- ☐ Prepare grill or preheat oven: Prepare grill on high, direct heat (if grilling) or preheat the oven to 400°F. If grilling and using thin bamboo or wood skewers, soak them in water first for 30 minutes.
- ☐ Mix together in a small bowl the lime zest, lime juice, olive oil, and chipotle powder. Stir the shrimp into the lime chipotle mixture; make sure each piece is well coated.
- ☐ Spread the bacon pieces out over several layers of paper towels on a microwave-safe plate. Cover with another layer of paper towel. Microwave on high until the bacon fat begins to melt but the bacon is still somewhat pliable, about 1 1/2 to 2 minutes.
- ☐ Wrap the shrimp with bacon: Working one at a time, wrap a half piece of partially cooked bacon around each piece of shrimp.

- ☐
- Prep the shrimp for cooking: If you are grilling, thread the shrimp onto skewers.
- ☐
- If you are using the oven, secure each the bacon onto the shrimp with toothpicks.
- ☐
- Place the bacon-wrapped shrimp on a foil-lined baking pan.
- ☐
- Brush remaining lime chipotle mixture on the outside of the bacon-wrapped shrimp.
- ☐
- Grill or bake the shrimp: Grill uncovered for 3 minutes on each side (less or more time depending on the heat of your grill), or bake in the 400°F oven for 8 to 11 minutes, or until the bacon is lightly browned and the shrimp is cooked through.

Nutrition Facts



Properties

Glycemic Index:8.51, Glycemic Load:3.05, Inflammation Score:-1, Nutrition Score:3.1886956588082%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 2.63mg, Hesperetin: 2.63mg, Hesperetin: 2.63mg, Hesperetin: 2.63mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 66.47kcal (3.32%), Fat: 2.76g (4.24%), Saturated Fat: 0.37g (2.31%), Carbohydrates: 5.33g (1.78%), Net Carbohydrates: 5.14g (1.87%), Sugar: 4.3g (4.78%), Cholesterol: 48.43mg (16.14%), Sodium: 2578.86mg (112.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.31g (10.61%), Selenium: 11.26µg (16.09%), Phosphorus: 94.91mg (9.49%), Vitamin B12: 0.42µg (6.99%), Vitamin E: 0.88mg (5.9%), Copper: 0.09mg (4.69%), Vitamin B3: 0.7mg (3.48%), Vitamin B6: 0.07mg (3.3%), Vitamin C: 2.38mg (2.88%), Calcium: 27.68mg (2.77%), Zinc: 0.4mg (2.68%), Magnesium: 10.2mg (2.55%), Folate: 7.9µg (1.98%), Vitamin A: 96.79IU (1.94%), Vitamin K: 1.65µg (1.58%), Potassium: 54.87mg (1.57%), Vitamin B5: 0.13mg (1.33%)