



Bacon-Wrapped Shrimp Kabobs with Orange-Chipotle Sauce

 Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



12

CALORIES



166 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 slices oscar mayer bacon
- 1 Tbsp chipotle peppers in adobo sauce canned chopped
- 0.5 cup orange marmalade
- 1.3 lb shrimp deveined uncooked peeled
- 3 Tbsp water

Equipment

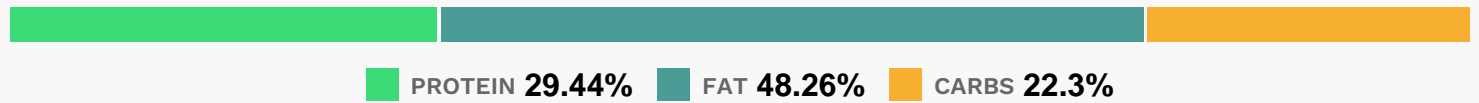
- paper towels

- grill
- microwave
- skewers

Directions

- Heat grill to medium-high heat.
- Mix first 3 ingredients until blended; set aside.
- Place bacon slices on microwaveable plate; cover with paper towel. Microwave on HIGH 4 min. or until partially cooked. (Bacon will be slightly limp.)
- Drain bacon; cool slightly.
- Thread 1 bacon slice and 3 shrimp onto each of 12 skewers, placing shrimp between folds of bacon.
- Reserve half the sauce. Grill kabobs 5 to 6 min. or until bacon and shrimp are done, brushing with remaining sauce for the last 2 min. Warm reserved sauce; serve with kabobs.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.1382608478484%

Nutrients (% of daily need)

Calories: 165.54kcal (8.28%), Fat: 8.97g (13.8%), Saturated Fat: 2.97g (18.58%), Carbohydrates: 9.33g (3.11%), Net Carbohydrates: 9.11g (3.31%), Sugar: 8.08g (8.98%), Cholesterol: 90.59mg (30.2%), Sodium: 209.53mg (9.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.31g (24.63%), Phosphorus: 133.33mg (13.33%), Copper: 0.21mg (10.33%), Selenium: 4.5µg (6.43%), Zinc: 0.9mg (5.99%), Potassium: 173.23mg (4.95%), Magnesium: 19.48mg (4.87%), Vitamin B3: 0.89mg (4.46%), Vitamin B1: 0.06mg (4.09%), Calcium: 36.52mg (3.65%), Vitamin B6: 0.06mg (3.05%), Iron: 0.39mg (2.14%), Vitamin B12: 0.11µg (1.83%), Vitamin B2: 0.02mg (1.24%), Vitamin B5: 0.12mg (1.24%), Manganese: 0.02mg (1.03%)