



Bacon-Wrapped Shrimp with Chipotle Barbecue Sauce

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN

ready

49 min.

SERVINGS

servings

6

CALORIES

calories

422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons chipotles in adobo sauce chopped
- ☐ 12 ounces bacon
- ☐ 0.5 cup barbecue sauce
- ☐ 0.3 cup canola oil
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 teaspoon dijon mustard
- ☐ 1 pound medium-large shrimp shelled deveined

- ☐ 3 tablespoons juice of lemon
- ☐ 6 servings pepper freshly ground
- ☐ 0.5 teaspoon pepper flakes red

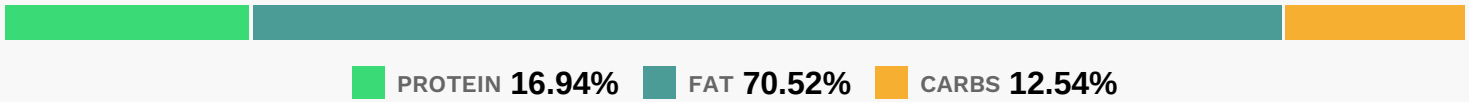
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ blender
- ☐ grill
- ☐ aluminum foil
- ☐ broiler
- ☐ skewers
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Soak 5 to 8 bamboo skewers in water for about 20 minutes to keep them from burning on the grill or under the broiler.
- ☐ Meanwhile, cook the bacon in a large skillet until halfway done, about 4 minutes.
- ☐ Drain and cool on paper towels. Wrap a piece of bacon around the middle of each shrimp; skewer with bamboo through the point where the bacon ends meet to keep it from unraveling. Thread 3 to 5 shrimp on each bamboo skewer.
- ☐ Puree the barbecue sauce, oil, lemon juice, mustard, chipotles, red pepper flakes, cayenne pepper and 1/4 teaspoon freshly ground pepper in a blender. Set aside half of the sauce for dipping.
- ☐ Preheat a grill, grill pan or broiler. Grill or broil shrimp (on a foil-lined baking sheet, if broiling) for 5 minutes, basting with the sauce once they begin to turn pink. Flip, baste again and grill or broil until just cooked through, about 4 more minutes.
- ☐ Serve with extra sauce.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:10.779565116634%

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: 421.75kcal (21.09%), Fat: 32.84g (50.52%), Saturated Fat: 8.34g (52.1%), Carbohydrates: 13.14g (4.38%), Net Carbohydrates: 12.01g (4.37%), Sugar: 8.64g (9.59%), Cholesterol: 132.68mg (44.23%), Sodium: 1060.81mg (46.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.74g (35.49%), Selenium: 34.42µg (49.17%), Phosphorus: 273.28mg (27.33%), Vitamin E: 3.17mg (21.13%), Vitamin B3: 3.81mg (19.03%), Vitamin B12: 1.12µg (18.71%), Vitamin B6: 0.3mg (15.01%), Vitamin B1: 0.18mg (12.08%), Zinc: 1.46mg (9.75%), Copper: 0.18mg (9.18%), Potassium: 268.22mg (7.66%), Vitamin K: 7.73µg (7.36%), Magnesium: 27.93mg (6.98%), Vitamin B5: 0.6mg (6.03%), Vitamin A: 296.5IU (5.93%), Calcium: 53.61mg (5.36%), Fiber: 1.13g (4.52%), Vitamin B2: 0.07mg (4.4%), Iron: 0.79mg (4.38%), Folate: 16.55µg (4.14%), Manganese: 0.08mg (3.99%), Vitamin C: 3.11mg (3.77%), Vitamin D: 0.3µg (2.02%)