



Barbecue Bacon-Wrapped Shrimp

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup apple sauce
- 15 slices bacon cut in half thin
- 1 tablespoon balsamic vinegar
- 1.3 cups barbecue sauce homemade
- 30 basil leaves fresh coarsely chopped
- 1 teaspoon garlic minced
- 0.3 cup maple syrup pure
- 2 tablespoons parmesan cheese freshly grated

30 large shrimp peeled

Equipment

bowl

toothpicks

grill

Directions

Mix the basil, cheese and garlic in a bowl. Slice down the back of each shrimp and remove the vein; fill the cut with 1/2 teaspoon of the basil mixture. Wrap each shrimp with 1/2 slice bacon and secure with a toothpick, or tuck the loose end of the bacon under.

Build a fire (wood or charcoal and wood) for indirect cooking by situating the coals on one side of the grill. When the temperature reaches 400 degrees F, place the shrimp on the grill away from the coals. Close the lid and cook until the bacon is crisp and the shrimp is cooked through, about 14 minutes.

Drain on a paper-towel-lined platter.

Mix all the sauce ingredients in a bowl. Dip each shrimp in the sauce and return to the grill away from the coals. Close the lid and allow the sauce to caramelize, about 3 minutes.

Serve hot.

Photograph By Mark Peterson

Nutrition Facts



PROTEIN 17.1% FAT 48.8% CARBS 34.1%

Properties

Glycemic Index:23.31, Glycemic Load:2.69, Inflammation Score:-2, Nutrition Score:6.7608695574429%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 319.05kcal (15.95%), Fat: 17.21g (26.48%), Saturated Fat: 5.74g (35.86%), Carbohydrates: 27.06g (9.02%), Net Carbohydrates: 26.54g (9.65%), Sugar: 21.89g (24.32%), Cholesterol: 88.69mg (29.56%), Sodium: 801.5mg (34.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.57g (27.15%), Manganese: 0.33mg (16.69%), Phosphorus: 158.69mg (15.87%), Selenium: 9.39µg (13.41%), Vitamin B2: 0.19mg (11.43%), Copper: 0.21mg (10.31%), Vitamin B3: 1.96mg (9.79%), Potassium: 323.1mg (9.23%), Vitamin B1: 0.13mg (8.96%), Zinc: 1.21mg (8.07%), Vitamin B6: 0.15mg (7.66%), Magnesium: 27.96mg (6.99%), Vitamin K: 7.1µg (6.76%), Calcium: 67.01mg (6.7%), Iron: 0.75mg (4.18%), Vitamin A: 207.54IU (4.15%), Vitamin E: 0.57mg (3.77%), Vitamin B12: 0.22µg (3.72%), Vitamin B5: 0.31mg (3.15%), Fiber: 0.52g (2.07%), Vitamin D: 0.17µg (1.14%)