



Barbecue Shrimp And Cornbread-Stuffed Peppers

READY IN



45 min.

SERVINGS



16

CALORIES



263 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce barbecue sauce
- ☐ 16 servings bell pepper sauce green
- ☐ 0.3 cup butter cut into pieces
- ☐ 0.5 cup buttermilk
- ☐ 0.5 cup celery diced
- ☐ 4 ounce chipotle chile pepper sauce
- ☐ 6 ounce mexican cornbread mix
- ☐ 0.5 cup country ham diced

- ☐ 2 large eggs lightly beaten
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 0.5 cup milk
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion diced
- ☐ 1.3 cups pecans toasted chopped
- ☐ 0.5 teaspoon pepper divided
- ☐ 8 medium size bell peppers red
- ☐ 16 large shrimp fresh unpeeled
- ☐ 16 servings garnish: thyme sprigs fresh
- ☐ 1 bell pepper diced yellow

Equipment

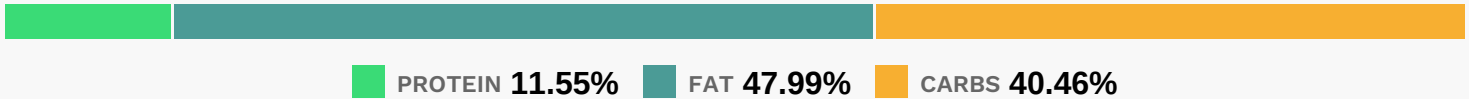
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ grill

Directions

- ☐ Peel shrimp, and devein, if desired.
- ☐ Sprinkle evenly with 1/4 teaspoon salt and 1/4 teaspoon pepper; cover and chill.
- ☐ Prepare cornbread according to package directions; cool on a wire rack. Crumble.
- ☐ Saut onion and next 3 ingredients in hot oil in a large skillet until vegetables are tender. Reduce heat, and stir in crumbled cornbread, milk, buttermilk, and thyme.
- ☐ Remove from heat, and stir in eggs, pecans, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon pepper.
- ☐ Cut red bell peppers in half crosswise; remove and discard seeds and membranes. Stuff bell pepper shells evenly with cornbread mixture. Top each evenly with butter, and place in a 13- x 9-inch pan.

- ☐ Bake at 375 for 15 to 20 minutes.
- ☐ Remove from oven, and keep warm.
- ☐ Stir together barbecue sauce and chipotle pepper sauce; brush on shrimp, reserving remaining sauce.
- ☐ Grill shrimp over medium-high heat (350 to 40
- ☐ minutes or until done, basting often with remaining sauce; set aside.
- ☐ Spoon Green Bell Pepper Sauce onto individual serving plates; place stuffed peppers in center, and top with shrimp.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:1.4, Inflammation Score:-10, Nutrition Score:16.807826156202%

Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 3.93mg, Luteolin: 3.93mg, Luteolin: 3.93mg, Luteolin: 3.93mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 263.44kcal (13.17%), Fat: 14.71g (22.63%), Saturated Fat: 2.71g (16.92%), Carbohydrates: 27.9g (9.3%), Net Carbohydrates: 21.56g (7.84%), Sugar: 15.08g (16.76%), Cholesterol: 44.02mg (14.67%), Sodium: 446.9mg (19.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.96g (15.93%), Vitamin C: 140.61mg (170.44%), Vitamin A: 2457.26IU (49.15%), Manganese: 0.63mg (31.57%), Fiber: 6.34g (25.37%), Vitamin B6: 0.41mg (20.48%), Phosphorus: 169.7mg (16.97%), Vitamin B1: 0.21mg (14.25%), Folate: 53.53µg (13.38%), Potassium: 421.45mg (12.04%), Copper: 0.24mg (11.99%), Vitamin E: 1.78mg (11.89%), Vitamin B2: 0.19mg (11.2%), Magnesium: 38.82mg (9.71%), Vitamin K: 10.04µg (9.56%), Vitamin B3: 1.73mg (8.66%), Iron: 1.55mg (8.58%), Zinc: 1.12mg (7.5%), Calcium:

65.83mg (6.58%), Selenium: 4.56µg (6.51%), Vitamin B5: 0.61mg (6.05%), Vitamin B12: 0.17µg (2.89%), Vitamin D: 0.34µg (2.25%)