



Barbecued Shrimp



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



116 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 1 tablespoon mustard dry
- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 Dash hot sauce
- ☐ 24 jumbo shrimp fresh unpeeled
- ☐ 0.5 cup catsup reduced-calorie
- ☐ 1 optional: lemon cut into 4 wedges

- ☐ 0.3 cup onion diced
- ☐ 1 tablespoon vinegar white

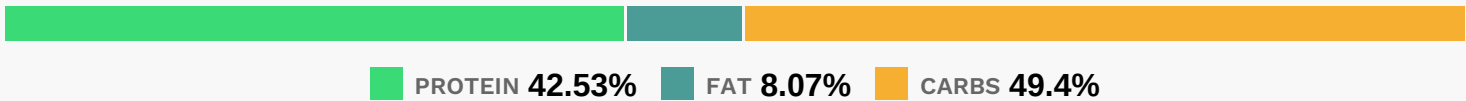
Equipment

- ☐ frying pan
- ☐ grill
- ☐ ziploc bags
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Peel shrimp, leaving tails intact. Devein shrimp, if desired.
- ☐ Place shrimp in a large heavy-duty zip-top plastic bag. Set aside.
- ☐ Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add onion; cook, stirring constantly, until tender. Stir in ketchup and next 6 ingredients; pour over shrimp. Seal bag; shake until shrimp is coated. Marinate in refrigerator 1 hour, turning bag occasionally.
- ☐ Soak 4 (8-inch) wooden skewers in water at least 30 minutes.
- ☐ Prepare grill.
- ☐ Thread 6 shrimp onto each skewer, running skewer through neck and tail. Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- ☐ Place skewers on rack; grill, covered, 3 to 4 minutes on each side or until shrimp turn pink. Squeeze 1 lemon wedge over each skewer, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.88, Glycemic Load:0.66, Inflammation Score:-4, Nutrition Score:5.6817391126052%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Nutrients (% of daily need)

Calories: 116.07kcal (5.8%), Fat: 1.12g (1.73%), Saturated Fat: 0.14g (0.89%), Carbohydrates: 15.45g (5.15%), Net Carbohydrates: 14.06g (5.11%), Sugar: 10.52g (11.69%), Cholesterol: 96.6mg (32.2%), Sodium: 346.62mg (15.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.3g (26.61%), Vitamin C: 16.64mg (20.17%), Phosphorus: 159.63mg (15.96%), Copper: 0.29mg (14.55%), Potassium: 320.5mg (9.16%), Magnesium: 35.9mg (8.98%), Zinc: 1.01mg (6.74%), Manganese: 0.13mg (6.45%), Calcium: 62.93mg (6.29%), Selenium: 4.11µg (5.87%), Fiber: 1.39g (5.55%), Vitamin B6: 0.1mg (4.78%), Iron: 0.86mg (4.78%), Vitamin A: 189.86IU (3.8%), Vitamin E: 0.57mg (3.8%), Vitamin B2: 0.06mg (3.78%), Folate: 11.61µg (2.9%), Vitamin B3: 0.56mg (2.82%), Vitamin B1: 0.03mg (2.26%), Vitamin B5: 0.11mg (1.05%)