



Barbecued Shrimp and Scallop Kabobs

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter
- ☐ 2 tablespoons onion finely chopped
- ☐ 2 teaspoons creole seasoning
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 teaspoon sauce of the chicken from the turbo broiler
- ☐ 1 lb scallops
- ☐ 0.8 lb shrimp fresh shelled deveined

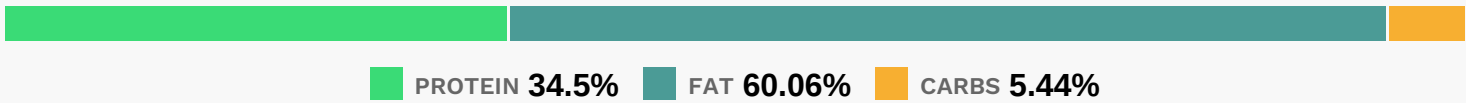
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ glass baking pan
- ☐ metal skewers

Directions

- ☐ Melt butter in small, heavy saucepan over low heat until milk solids settle to bottom of saucepan. Skim off any foam from top of melted butter. Carefully spoon golden liquid (clarified butter) from saucepan into another small saucepan; discard milk solids.
- ☐ To clarified butter in saucepan, add onion, seafood and fish seasoning, garlic powder and hot pepper sauce; blend well.
- ☐ Place scallops and shrimp in 12x8-inch (2-quart) glass baking dish.
- ☐ Pour butter mixture over scallops and shrimp; turn to coat.
- ☐ Let stand at room temperature for 30 minutes.
- ☐ Heat grill. When ready to grill, oil grill rack. Alternately thread 3 scallops and 2 shrimp onto each of six 12 to 14-inch metal skewers; reserve butter mixture.
- ☐ Place kabobs on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cook 6 to 10 minutes or until scallops turn opaque and shrimp turn pink, turning once and brushing frequently with butter mixture. If necessary, reheat butter mixture before brushing on kabobs. Bring any remaining butter mixture to a boil; serve with kabobs.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:0.15, Inflammation Score:-5, Nutrition Score:6.9882608315219%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 240.27kcal (12.01%), Fat: 16.12g (24.8%), Saturated Fat: 9.9g (61.88%), Carbohydrates: 3.29g (1.1%), Net Carbohydrates: 3.03g (1.1%), Sugar: 0.23g (0.25%), Cholesterol: 150.1mg (50.03%), Sodium: 511.12mg (22.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.83g (41.67%), Phosphorus: 382.33mg (38.23%), Vitamin B12: 1.1µg (18.3%), Vitamin A: 752.46IU (15.05%), Selenium: 10µg (14.29%), Copper: 0.24mg (12.21%), Zinc: 1.49mg (9.96%), Magnesium: 38.39mg (9.6%), Potassium: 330.48mg (9.44%), Calcium: 47.31mg (4.73%), Vitamin E: 0.64mg (4.27%), Vitamin B6: 0.08mg (4.01%), Iron: 0.66mg (3.66%), Folate: 14.12µg (3.53%), Vitamin B3: 0.6mg (3.02%), Manganese: 0.05mg (2.58%), Vitamin B5: 0.19mg (1.89%), Vitamin K: 1.87µg (1.78%), Vitamin B2: 0.03mg (1.48%), Fiber: 0.26g (1.04%)