



Barbecued Shrimp Grill



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



9

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 teaspoon chili powder
- ☐ 3 tablespoons cider vinegar
- ☐ 1 cup catsup
- ☐ 2 tablespoons mayonnaise reduced-fat
- ☐ 1 cup low-sugar orange marmalade
- ☐ 1 pound shrimp fresh unpeeled
- ☐ 1 tablespoon worcestershire sauce low-sodium

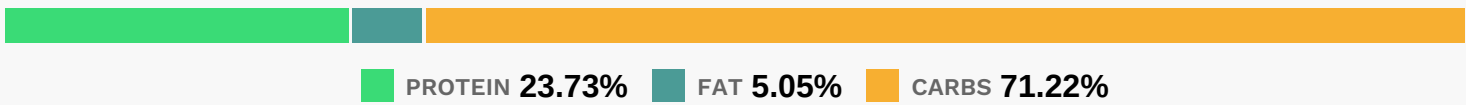
Equipment

- ☐ bowl
- ☐ grill
- ☐ microwave
- ☐ skewers
- ☐ metal skewers

Directions

- ☐ Peel and devein shrimp, leaving tails intact; set aside.
- ☐ Combine ketchup and next 4 ingredients in a small bowl. Microwave at HIGH 5 minutes, stirring after every minute.
- ☐ Let cool.
- ☐ Combine mayonnaise and half of ketchup mixture, stirring well; cover and chill mayonnaise mixture at least 15 minutes. Set aside remaining half of ketchup mixture.
- ☐ Thread shrimp onto 3 (10-inch) metal skewers. 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, basting frequently with reserved ketchup mixture.
- ☐ Remove shrimp from skewers.
- ☐ Place on a serving platter, and serve with reserved mayonnaise mixture.

Nutrition Facts



Properties

Glycemic Index:4.44, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:3.5104347370241%

Flavonoids

Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 167.62kcal (8.38%), Fat: 1g (1.54%), Saturated Fat: 0.17g (1.04%), Carbohydrates: 31.66g (10.55%), Net Carbohydrates: 31.27g (11.37%), Sugar: 27.34g (30.38%), Cholesterol: 81.64mg (27.21%), Sodium: 375.02mg (16.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.55g (21.1%), Copper: 0.26mg (12.91%), Phosphorus: 118.71mg

(11.87%), Potassium: 244.12mg (6.97%), Magnesium: 22.62mg (5.66%), Calcium: 52.87mg (5.29%), Zinc: 0.75mg (5%), Vitamin A: 211.93IU (4.24%), Vitamin C: 3.05mg (3.69%), Vitamin E: 0.54mg (3.63%), Vitamin B2: 0.06mg (3.36%), Manganese: 0.07mg (3.28%), Iron: 0.55mg (3.07%), Vitamin B6: 0.05mg (2.62%), Vitamin K: 2.67μg (2.54%), Vitamin B3: 0.43mg (2.16%), Fiber: 0.39g (1.55%), Folate: 5.92μg (1.48%)