



Basil Shrimp Kebabs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 basil leaves
- ☐ 6 cherry tomatoes
- ☐ 2 teaspoons dijon mustard
- ☐ 1 garlic clove cut in half
- ☐ 1 bell pepper green cut into 1-inch pieces
- ☐ 8 ounce mushrooms
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion red separated quartered

- ☐ 0.8 pound shrimp deveined peeled
- ☐ 0.3 cup citrus champagne vinegar

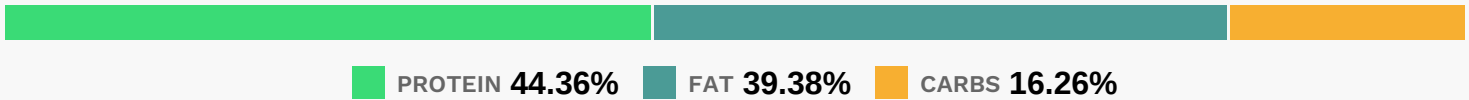
Equipment

- ☐ bowl
- ☐ blender
- ☐ grill
- ☐ skewers

Directions

- ☐ Prepare grill.
- ☐ Combine first 5 ingredients in a blender; process until smooth.
- ☐ Transfer to a small bowl.
- ☐ Thread shrimp, onion, bell pepper, and mushrooms alternately onto 4 (15-inch) skewers; brush with basil sauce. Thread cherry tomatoes onto 1 (15-inch) skewer; brush with basil sauce.
- ☐ Place shrimp kebabs on grill rack coated with cooking spray; grill, covered, 10 minutes or until shrimp are done and vegetables are crisp-tender, turning and basting occasionally with basil sauce.
- ☐ Place tomato kebab on rack; grill, covered, 3 to 4 minutes, basting occasionally with basil sauce.
- ☐ Serve immediately.
- ☐ carbo rating: 12

Nutrition Facts



Properties

Glycemic Index:100.5, Glycemic Load:2.3, Inflammation Score:-7, Nutrition Score:22.546086829642%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2.84mg, Luteolin: 2.84mg, Luteolin: 2.84mg, Luteolin: 2.84mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 12.86mg, Quercetin: 12.86mg, Quercetin: 12.86mg, Quercetin: 12.86mg

Nutrients (% of daily need)

Calories: 347.88kcal (17.39%), Fat: 15.66g (24.09%), Saturated Fat: 2.24g (14%), Carbohydrates: 14.55g (4.85%), Net Carbohydrates: 10.82g (3.94%), Sugar: 7.37g (8.19%), Cholesterol: 273.86mg (91.29%), Sodium: 275.7mg (11.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.69g (79.38%), Vitamin C: 66.99mg (81.2%), Copper: 1.15mg (57.25%), Phosphorus: 515.09mg (51.51%), Potassium: 1137.65mg (32.5%), Vitamin B2: 0.51mg (29.73%), Vitamin B3: 4.77mg (23.87%), Vitamin K: 24.54µg (23.37%), Magnesium: 91.29mg (22.82%), Zinc: 3.19mg (21.26%), Manganese: 0.39mg (19.69%), Vitamin B5: 1.92mg (19.19%), Vitamin B6: 0.38mg (19.16%), Selenium: 13µg (18.57%), Vitamin E: 2.58mg (17.21%), Fiber: 3.72g (14.89%), Calcium: 148.52mg (14.85%), Iron: 2.51mg (13.94%), Vitamin B1: 0.18mg (12.18%), Vitamin A: 600.92IU (12.02%), Folate: 44.33µg (11.08%), Vitamin D: 0.23µg (1.51%)