



Caribbean Shrimp

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup firmly brown sugar packed
- 6 Tbsp butter cut into pieces
- 1 Tbsp gingerroot minced peeled
- 1 Tbsp juice of lemon
- 4 cups minute rice white hot cooked
- 1 medium jalapeño pepper fresh seeded finely chopped
- 15 oz pineapple chunks in juice drained canned
- 1 medium bell pepper red chopped

- 1 Tbsp seafood seasoning
- 1.5 lb shrimp cleaned

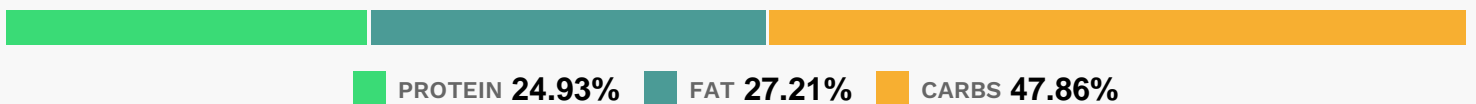
Equipment

- grill
- aluminum foil

Directions

- Preheat grill to medium-hot.
- Place 1/4 of the pineapple chunks in center of each sheet of foil. Arrange shrimp in even layers over pineapple.
- Mix peppers, gingerroot and seasoning; sprinkle over shrimp. Top with butter and brown sugar.
- Drizzle with lemon juice.
- Bring up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside. Repeat to make 4 packets.
- Place packets on grate of grill; cover with lid. Grill 8 to 10 minutes or until shrimp turn pink.
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:13.17, Glycemic Load:0.3, Inflammation Score:-8, Nutrition Score:13.500434791912%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 412.42kcal (20.62%), Fat: 12.61g (19.4%), Saturated Fat: 2.52g (15.74%), Carbohydrates: 49.92g (16.64%), Net Carbohydrates: 47.77g (17.37%), Sugar: 19.94g (22.15%), Cholesterol: 182.57mg (60.86%), Sodium: 275.84mg (11.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26g (52.01%), Vitamin C: 33.19mg (40.23%), Phosphorus: 299.19mg (29.92%), Copper: 0.58mg (28.95%), Manganese: 0.52mg (25.87%), Vitamin A: 1177.56IU (23.55%), Folate: 91.57µg (22.89%), Iron: 3.17mg (17.61%), Magnesium: 62.02mg (15.51%), Zinc: 2.21mg (14.75%), Potassium: 471.72mg (13.48%), Vitamin B3: 2.35mg (11.77%), Calcium: 114.29mg (11.43%), Vitamin B1: 0.17mg (11.33%), Vitamin B6: 0.18mg (9.2%), Fiber: 2.15g (8.61%), Selenium: 5.76µg (8.24%), Vitamin K: 7.65µg (7.28%), Vitamin E: 0.79mg (5.27%), Vitamin B2: 0.05mg (2.83%), Vitamin B5: 0.16mg (1.56%)