

bon appétit

fast *easy* fresh

COOKBOOK

BARBARA FAIRCHILD

Cook the Book: Skewered Shrimp with Apricot-Curry Glaze

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons apricot preserves
- ☐ 2.3 teaspoons curry powder
- ☐ 2.3 teaspoons dijon mustard
- ☐ 2 garlic clove minced
- ☐ 6 servings lettuce shredded
- ☐ 6 servings lemon wedges
- ☐ 3 tablespoons olive oil

- ☐ 18 large shrimp deveined uncooked peeled
- ☐ 1.5 tablespoons citrus champagne vinegar

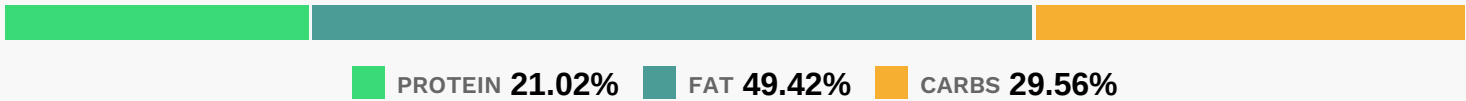
Equipment

- ☐ bowl
- ☐ whisk
- ☐ broiler
- ☐ skewers

Directions

- ☐ Whisk first 6 ingredients in large bowl to blend.
- ☐ Add shrimp and toss to coat. Cover and refrigerate at least 2 hours.
- ☐ Preheat broiler. Thread 3 shrimp on each skewer. Broil shrimp just until cooked through, about 2 minutes per side.
- ☐ Place shredded lettuce on platter; arrange shrimp skewers on top.
- ☐ Garnish with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:0.63, Inflammation Score:-4, Nutrition Score:5.4052173676698%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 130.11kcal (6.51%), Fat: 7.47g (11.5%), Saturated Fat: 1.04g (6.48%), Carbohydrates: 10.05g (3.35%), Net Carbohydrates: 8.58g (3.12%), Sugar: 6.18g (6.86%), Cholesterol: 48.3mg (16.1%), Sodium: 70.25mg (3.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.15g (14.3%), Vitamin K: 26.46µg (25.2%), Vitamin A: 476.32IU (9.53%), Manganese: 0.18mg (9.19%), Vitamin E: 1.36mg (9.03%), Phosphorus: 88.93mg (8.89%), Copper: 0.16mg (8.04%), Folate: 27.34µg (6.83%), Potassium: 233.7mg (6.68%), Fiber: 1.48g (5.91%), Vitamin C: 4.33mg (5.24%), Magnesium: 20.42mg (5.1%), Iron: 0.9mg (5%), Calcium: 44.35mg (4.44%), Zinc: 0.6mg (3.98%), Vitamin B6: 0.06mg (3.12%), Vitamin B1: 0.04mg (2.96%), Selenium: 1.2µg (1.72%), Vitamin B2: 0.03mg (1.71%)