



## Dijon Shrimp and Chicken Skewers

 Dairy Free

READY IN



155 min.

SERVINGS



6

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup apple juice
- 6 cups couscous hot cooked
- 0.5 cup grey poupon dijon mustard
- 2 cloves garlic minced
- 2 small pasilla peppers red cut into bite-size pieces
- 24 large shrimp deveined peeled
- 1 lb chicken breasts boneless skinless cut into bite-size pieces
- 1 Tbsp lite soy sauce

1 medium zucchini halved lengthwise cut into bite-sized pieces

## Equipment

- bowl
- sauce pan
- grill
- skewers

## Directions

- Mix shrimp, chicken, peppers and zucchini in large bowl.
- Combine mustard, apple juice, soy sauce and garlic in small bowl.
- Remove 1/3 cup of the mustard mixture; cover and refrigerate for later use.
- Pour remaining mustard mixture over chicken mixture. Cover. Refrigerate at least 2 hours to marinate.
- Preheat grill to medium-high heat. Thread shrimp, chicken, pepper and zucchini alternately onto 12 (10-inch) skewers. Grill 8 to 10 min. or until shrimp and chicken are cooked through, brushing with marinade and turning occasionally. Discard any remaining marinade.
- Meanwhile, heat the reserved 1/3 cup mustard mixture in saucepan on medium heat until heated through. Arrange skewers on serving platter over couscous; drizzle with mustard mixture.

## Nutrition Facts



## Properties

Glycemic Index:38.29, Glycemic Load:23.8, Inflammation Score:-7, Nutrition Score:20.441739123801%

## Flavonoids

Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

0.41mg, Quercetin: 0.41mg

## **Nutrients (% of daily need)**

Calories: 333.44kcal (16.67%), Fat: 3.33g (5.12%), Saturated Fat: 0.61g (3.84%), Carbohydrates: 42.89g (14.3%), Net Carbohydrates: 38.87g (14.13%), Sugar: 4.35g (4.84%), Cholesterol: 112.78mg (37.59%), Sodium: 543.57mg (23.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.96g (63.92%), Selenium: 74.7µg (106.71%), Vitamin B3: 10.07mg (50.37%), Vitamin C: 38.91mg (47.16%), Vitamin B6: 0.81mg (40.39%), Phosphorus: 327.01mg (32.7%), Potassium: 676.05mg (19.32%), Vitamin B5: 1.89mg (18.94%), Manganese: 0.38mg (18.77%), Vitamin A: 875.36IU (17.51%), Magnesium: 67.5mg (16.87%), Fiber: 4.02g (16.08%), Vitamin B1: 0.22mg (14.84%), Copper: 0.29mg (14.38%), Folate: 47.78µg (11.95%), Zinc: 1.71mg (11.4%), Vitamin B2: 0.19mg (11.33%), Iron: 1.75mg (9.75%), Calcium: 66.03mg (6.6%), Vitamin E: 0.85mg (5.68%), Vitamin K: 3.25µg (3.1%), Vitamin B12: 0.15µg (2.52%)