



Fruity Grilled Shrimp Skewers

 Gluten Free  Dairy Free

READY IN



26 min.

SERVINGS



8

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 small clove garlic minced
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 mangoes peeled cut into 1-inch cubes
- ☐ 0.3 cup olive oil
- ☐ 1 pineapple cored peeled cut into 1-inch cubes (4 cups)
- ☐ 8 servings salt and pepper
- ☐ 2 pounds shrimp deveined peeled

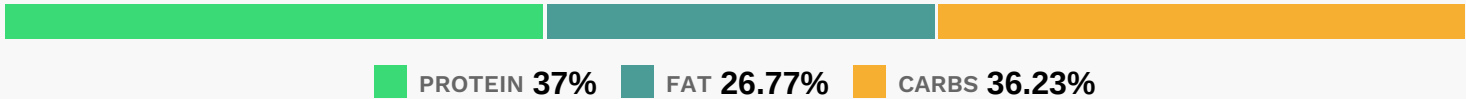
Equipment

- ☐ bowl
- ☐ grill
- ☐ metal skewers

Directions

- ☐ Mix lime juice, olive oil, garlic and crushed red pepper in a bowl.
- ☐ Add shrimp, mangoes and pineapple. Toss well and season with salt and pepper.
- ☐ Prepare a charcoal fire and let burn to a gray ash (or preheat a gas grill to medium).
- ☐ Drain shrimp, mango and pineapple and pat dry, reserving liquid. Thread on metal skewers, alternating shrimp and fruit.
- ☐ Brush with reserved liquid and season with salt and pepper.
- ☐ Grill until shrimp is cooked through and pineapple is lightly browned, about 3 minutes per side.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:17.55, Glycemic Load:11.39, Inflammation Score:-7, Nutrition Score:14.899565105853%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 246.47kcal (12.32%), Fat: 7.69g (11.82%), Saturated Fat: 1.11g (6.92%), Carbohydrates: 23.4g (7.8%), Net Carbohydrates: 20.91g (7.6%), Sugar: 18.37g (20.41%), Cholesterol: 182.57mg (60.86%), Sodium: 332.78mg (14.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.9g (47.8%), Vitamin C: 75.3mg (91.27%), Manganese: 1.13mg (56.45%), Copper: 0.63mg (31.49%), Phosphorus: 260.97mg (26.1%), Potassium: 522.51mg (14.93%), Magnesium: 59.33mg (14.83%), Vitamin A: 666.42IU (13.33%), Zinc: 1.72mg (11.45%), Folate: 43.42µg (10.85%), Vitamin E: 1.52mg (10.17%), Fiber: 2.49g (9.97%), Vitamin B6: 0.2mg (9.92%), Calcium: 95.31mg (9.53%), Vitamin B1: 0.11mg (7.12%), Vitamin K: 7.21µg (6.87%), Iron: 1.07mg (5.97%), Vitamin B3: 0.94mg (4.7%), Vitamin B5: 0.36mg (3.56%), Vitamin B2: 0.06mg (3.45%)