



Ginger Shrimp Kabobs

 **Gluten Free**  **Dairy Free**

READY IN



55 min.

SERVINGS



4

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon ginger grated
- 2 tablespoons juice of lime
- 2 teaspoons soya sauce
- 1 teaspoon sesame oil dark
- 0.3 teaspoon pepper red crushed
- 3 cloves garlic finely chopped
- 12 large shrimp uncooked peeled
- 2 medium bell pepper cut into 1-inch pieces

- 12 small mushrooms whole
- 6 spring onion cut into 1-inch pieces

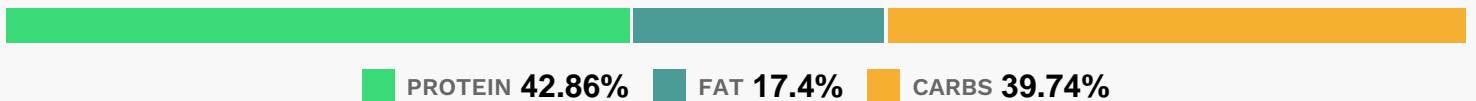
Equipment

- grill
- skewers

Directions

- Mix gingerroot, lime juice, soy sauce, sesame oil, red pepper and garlic in glass or plastic dish. Stir in shrimp until well coated. Cover and refrigerate 15 minutes.
- Heat coals or gas grill.
- Remove shrimp from marinade; reserve marinade. Thread bell peppers, mushrooms, shrimp and onions alternately on each of twelve 6-inch skewers.
- Brush lightly with marinade.
- Cover and grill kabobs about 4 inches from medium heat about 6 minutes, brushing with marinade and turning once, until shrimp are pink and firm and vegetables are crisp-tender. Discard marinade.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:1.51, Inflammation Score:-9, Nutrition Score:14.187825933099%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 70.95kcal (3.55%), Fat: 1.52g (2.34%), Saturated Fat: 0.24g (1.49%), Carbohydrates: 7.8g (2.6%), Net Carbohydrates: 5.61g (2.04%), Sugar: 3.75g (4.17%), Cholesterol: 48.3mg (16.1%), Sodium: 212.85mg (9.25%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.41g (16.83%), Vitamin C: 83.21mg (100.87%), Vitamin A: 2083.42IU (41.67%), Vitamin K: 40.53µg (38.6%), Vitamin B6: 0.26mg (12.87%), Copper: 0.26mg (12.79%), Phosphorus: 121.49mg (12.15%), Vitamin B2: 0.2mg (11.5%), Folate: 45.58µg (11.39%), Potassium: 383.68mg (10.96%), Vitamin B3: 1.93mg (9.66%), Manganese: 0.18mg (8.98%), Fiber: 2.2g (8.79%), Vitamin E: 1.13mg (7.51%), Vitamin B5: 0.69mg (6.9%), Magnesium: 27.24mg (6.81%), Zinc: 0.83mg (5.56%), Iron: 0.98mg (5.43%), Vitamin B1: 0.08mg (5.01%), Selenium: 3.35µg (4.78%), Calcium: 43.64mg (4.36%)