



WHATSheATE



Glazed Barbeque Shrimp



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 2 teaspoons apple cider vinegar
- ☐ 0.3 cup apricot preserves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 8 ounce tomato sauce canned
- ☐ 2 tablespoons brown sugar dark
- ☐ 1 tablespoon ginger fresh grated
- ☐ 2 cloves garlic finely chopped

- ☐ 1 jalapeno minced seeded
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 2 tablespoons catsup
- ☐ 3 tablespoons blackstrap molasses
- ☐ 2 tablespoons onion minced
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 0.5 teaspoon salt
- ☐ 6 servings salt and pepper black freshly ground

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ skewers
- ☐ metal skewers

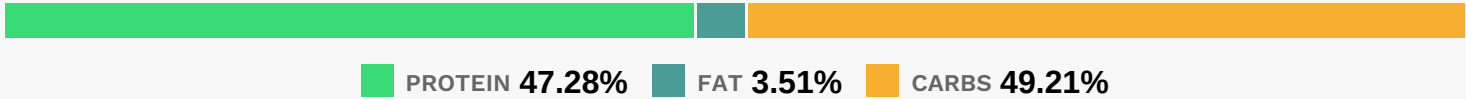
Directions

- ☐ Special equipment: 6 metal skewers
- ☐ Preheat the grill to medium-high heat and brush the grate with oil or spray with nonstick cooking spray.
- ☐ Rinse the shrimp and pat dry with paper towels.
- ☐ Sprinkle all over with salt and pepper.
- ☐ In a small bowl, whisk together the Barbeque Sauce, apricot jam, vinegar and red pepper flakes. Toss two-thirds of the sauce with the shrimp, and reserve the remaining one-third for basting. Skewer the shrimp through the head end and the tail end, so the shrimp are skewered in two places, the top and the bottom.
- ☐ Transfer the skewers to the grill. Close the cover and cook for 1 minute per side. Baste the shrimp with the reserved sauce, close the cover and cook until the shrimp are opaque and

well glazed, 30 seconds per side.

- ☐
- In a medium saucepan over medium heat, combine the tomato sauce, vinegar, molasses, ketchup, onion, brown sugar, ginger, salt and pepper, garlic and jalapeno, if desired. Simmer the sauce until slightly thickened, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:56.17, Glycemic Load:4.23, Inflammation Score:-4, Nutrition Score:8.0439130897107%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 194.79kcal (9.74%), Fat: 0.78g (1.19%), Saturated Fat: 0.15g (0.91%), Carbohydrates: 24.53g (8.18%), Net Carbohydrates: 23.67g (8.61%), Sugar: 19.8g (22%), Cholesterol: 182.57mg (60.86%), Sodium: 566.01mg (24.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.57g (47.14%), Copper: 0.57mg (28.37%), Phosphorus: 263.07mg (26.31%), Magnesium: 73.72mg (18.43%), Potassium: 621.64mg (17.76%), Manganese: 0.33mg (16.6%), Zinc: 1.69mg (11.24%), Calcium: 110.36mg (11.04%), Iron: 1.64mg (9.09%), Vitamin C: 7.39mg (8.96%), Vitamin B6: 0.15mg (7.33%), Vitamin A: 267.29IU (5.35%), Vitamin E: 0.76mg (5.04%), Selenium: 2.57µg (3.67%), Fiber: 0.86g (3.45%), Vitamin B3: 0.61mg (3.05%), Vitamin B2: 0.04mg (2.42%), Vitamin B5: 0.23mg (2.31%), Vitamin K: 2.06µg (1.96%), Folate: 5.5µg (1.37%), Vitamin B1: 0.02mg (1.26%)