



## Glazed Shrimp Kabobs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 teaspoon bottled ginger minced
- ☐ 1 teaspoon sesame oil dark
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 2 cups pineapple chunks fresh
- ☐ 1 tablespoon rice vinegar
- ☐ 1.5 pounds shrimp fresh unpeeled
- ☐ 0.3 cup no-sugar-added all-fruit apricot spread

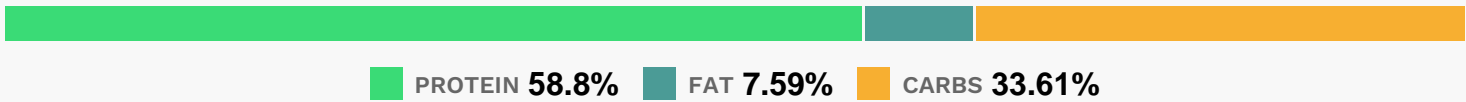
## Equipment

- ☐ bowl
- ☐ broiler
- ☐ skewers
- ☐ broiler pan

## Directions

- ☐ Peel and devein shrimp, leaving tails intact, if desired. Thread shrimp and pineapple alternately onto 8 (12-inch) skewers; set aside.
- ☐ Preheat broiler.
- ☐ Spoon apricot spread into a medium bowl; chop any large chunks of apricot, if desired.
- ☐ Add rice vinegar and next 3 ingredients, and stir well. Divide apricot mixture in half; reserve half of mixture.
- ☐ Place kabobs on a broiler pan coated with cooking spray.
- ☐ Brush kabobs with apricot mixture; broil 3 minutes. Turn kabobs over, and brush with apricot mixture. Broil an additional 3 minutes or until done.
- ☐ Brush with reserved apricot mixture before serving.

## Nutrition Facts



## Properties

Glycemic Index:16.25, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:8.6065218072871%

## Nutrients (% of daily need)

Calories: 240.9kcal (12.04%), Fat: 2.02g (3.11%), Saturated Fat: 0.33g (2.04%), Carbohydrates: 20.1g (6.7%), Net Carbohydrates: 18.51g (6.73%), Sugar: 18.16g (20.18%), Cholesterol: 273.86mg (91.29%), Sodium: 348.04mg (15.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.18g (70.36%), Copper: 0.8mg (39.83%), Phosphorus: 379.51mg (37.95%), Magnesium: 80.62mg (20.15%), Potassium: 615.09mg (17.57%), Zinc: 2.43mg (16.23%), Vitamin C: 11.18mg (13.55%), Calcium: 129.43mg (12.94%), Vitamin B1: 0.12mg (8.17%), Iron: 1.28mg (7.1%), Fiber: 1.59g (6.36%), Vitamin B6: 0.1mg (4.86%), Manganese: 0.08mg (3.91%), Vitamin B2: 0.03mg (2.05%), Folate: 7.81µg (1.95%), Vitamin B3: 0.39mg (1.95%), Vitamin A: 59.15IU (1.18%)