



Grilled BBQ Bacon Shrimp

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



359 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 slices bacon
- ☐ 2 tablespoons butter
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 0.5 cup brown sugar dark
- ☐ 1 inch ginger grated
- ☐ 1 small jalapeño seeded chopped
- ☐ 1 cup catsup
- ☐ 0.5 cup onions finely chopped

- ☐ 0.3 cup orange juice
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 16 colossal shrimp with tail on, deveined (1 1/4 pounds) shelled
- ☐ 10 inch wooden skewers
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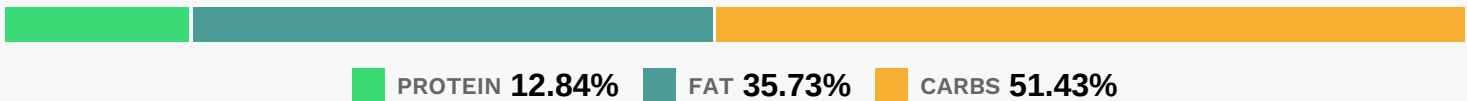
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ skewers

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat grill to medium.
- ☐ Soak skewers in water while preparing the BBQ sauce. In a medium saucepan melt butter and saute onions and jalapeno, until tender. Season with cayenne, and salt and pepper.
- ☐ Add ginger, brown sugar, orange juice and ketchup in that order making sure to blend each ingredient completely before adding the next ingredient.
- ☐ Let simmer until the edges begin to caramelize, about 15 minutes. Set aside and let cool. Once cool, remove half of the sauce and reserve for dipping. The other half is for brushing on the shrimp when grilling.
- ☐ Cut bacon in thirds. Thread each shrimp onto a skewer, starting from the tail end. Bend the shrimp as you thread it so it lies in 1 straight line on the skewer, removing its natural curve. Wrap the center of each shrimp with a piece of bacon.
- ☐ Brush with BBQ sauce and place skewers with bacon, seam side down, onto the grill. Cook over medium heat until bacon crisps and shrimp is cooked through, about 8 minutes.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:1.36, Inflammation Score:-5, Nutrition Score:7.5234782514365%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg

Nutrients (% of daily need)

Calories: 359.47kcal (17.97%), Fat: 14.8g (22.76%), Saturated Fat: 6.6g (41.25%), Carbohydrates: 47.93g (15.98%), Net Carbohydrates: 47.15g (17.15%), Sugar: 41.81g (46.46%), Cholesterol: 93.97mg (31.32%), Sodium: 791.53mg (34.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.97g (23.93%), Vitamin C: 16.12mg (19.54%), Phosphorus: 146.49mg (14.65%), Vitamin A: 664.57IU (13.29%), Copper: 0.25mg (12.6%), Potassium: 438.52mg (12.53%), Vitamin B6: 0.22mg (10.94%), Vitamin B3: 1.94mg (9.71%), Vitamin E: 1.35mg (8.99%), Magnesium: 32.59mg (8.15%), Vitamin B2: 0.14mg (7.96%), Selenium: 5.41µg (7.73%), Manganese: 0.15mg (7.29%), Calcium: 68.02mg (6.8%), Zinc: 0.97mg (6.48%), Vitamin B1: 0.09mg (6.24%), Iron: 0.83mg (4.59%), Folate: 15.75µg (3.94%), Vitamin K: 3.4µg (3.24%), Fiber: 0.78g (3.11%), Vitamin B5: 0.26mg (2.64%), Vitamin B12: 0.12µg (2.03%)