



WHATSheATE



Grilled Blackened Shrimp Skewers



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



65 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 36 blackberries fresh
- ☐ 2 teaspoons cajun blackened seasoning
- ☐ 18 slices mangos fresh
- ☐ 6 servings mint-lime drizzle
- ☐ 1 teaspoon olive oil
- ☐ 36 large gulf shrimp raw unpeeled (1 lb.,)
- ☐ 6 inch wooden skewers
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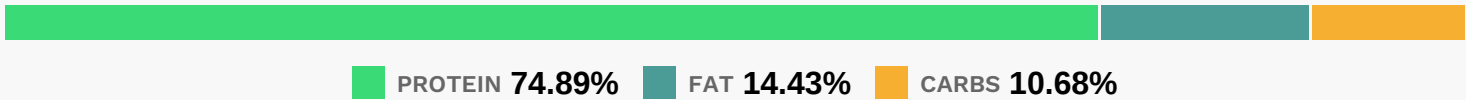
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat. Peel shrimp, leaving tails on; devein, if desired.
- ☐ Place shrimp in a large bowl, and drizzle with olive oil.
- ☐ Sprinkle with seasoning, and toss to coat.
- ☐ Grill shrimp, covered with grill lid, 2 to 3 minutes on each side or just until shrimp turn pink.
- ☐ Thread each skewer with 2 grilled shrimp, 2 blackberries, and 1 mango slice.
- ☐ Brush with Mint-Lime
- ☐ Drizzle, if desired.

Nutrition Facts



Properties

Glycemic Index:12.79, Glycemic Load:0.34, Inflammation Score:-1, Nutrition Score:3.220000040272%

Flavonoids

Cyanidin: 12mg, Cyanidin: 12mg, Cyanidin: 12mg, Cyanidin: 12mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 4.5mg, Catechin: 4.5mg, Catechin: 4.5mg, Catechin: 4.5mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg

Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 64.55kcal (3.23%), Fat: 1.05g (1.62%), Saturated Fat: 0.16g (1%), Carbohydrates: 1.75g (0.58%), Net Carbohydrates: 0.99g (0.36%), Sugar: 1g (1.11%), Cholesterol: 96.6mg (32.2%), Sodium: 249.47mg (10.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.29g (24.58%), Phosphorus: 132.19mg (13.22%), Copper: 0.26mg (13.05%), Magnesium: 24.5mg (6.13%), Zinc: 0.88mg (5.88%), Manganese: 0.11mg (5.55%), Potassium: 188.58mg (5.39%), Vitamin C: 3.93mg (4.76%), Calcium: 44.65mg (4.46%), Fiber: 0.76g (3.06%), Vitamin K: 2.9µg (2.77%), Iron: 0.45mg (2.48%), Vitamin A: 100.62IU (2.01%), Vitamin E: 0.26mg (1.76%), Folate: 5.43µg (1.36%)