



## Grilled Chipotle Chorizo Chicken Sausage & Shrimp Kabobs

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



522 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon pepper black
- 12 ounce al fresco® chipotle chorizo chicken sausage sliced
- 2 tablespoons olive oil extra virgin
- 5 cloves garlic fresh
- 0.5 large bell pepper green cut into 1-inch chunks
- 0.3 teaspoon ground cumin
- 12 ounces israeli couscous

- 1 jalapeno fresh seeded cut into chunks
- 2 juice of lime fresh
- 6 servings lime marinade
- 1 lime rind - & reserved grated for final garnish
- 2 tablespoons olive oil
- 0.5 large and orange peppers cut into 1-inch pieces
- 1 cup pineapple fresh
- 0.5 large bell pepper red cut into 1-inch pieces
- 1 teaspoon saffron threads
- 6 servings saffron couscous
- 0.3 teaspoon salt
- 1 pound shrimp deveined
- 0.3 teaspoon paprika smoked
- 2 teaspoons sugar
- 3.3 cups water boiling
- 0.5 cup onion diced white
- 0.5 cup white wine
- 1 small zucchini

## Equipment

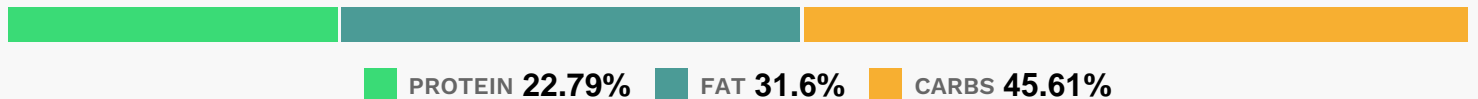
- food processor
- sauce pan
- grill
- skewers
- pastry brush

## Directions

- Combine all ingredients in food processor. Puree until fine. Set aside.

- Saffron Couscous: Coat a medium sauce pan with olive oil and saute the Israeli couscous and white onion over medium heat for 3 minutes.
- Add the Saffron, saute for an additional 2 minutes. Lower the heat and add the white wine. Slowly add the boiling water. Cover and cook for 12 minutes or until couscous is light and fluffy.
- Combine olive oil, green, red, & orange peppers. Coat vegetables well and pre-grill for 5-7 minutes.
- Assemble skewers; slide one piece al fresco Chipotle Chorizo Chicken Sausage onto skewer, followed by pineapple, green pepper, shrimp, orange pepper, zucchini, and red pepper. Repeat pattern until skewer is full. Marinate in lime marinade, refrigerated for 1 hour.
- Grill over a medium high flame, use a pastry brush to baste skewers with any free lime marinade. Grill 5 - 7 minutes per side or until shrimp turn opaque in color.

## Nutrition Facts



### Properties

Glycemic Index:95.44, Glycemic Load:30.55, Inflammation Score:-8, Nutrition Score:18.643913061722%

### Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 8.79mg, Hesperetin: 8.79mg, Hesperetin: 8.79mg, Hesperetin: 8.79mg Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 2.2mg, Kaempferol: 2.2mg, Kaempferol: 2.2mg, Kaempferol: 2.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg

### Nutrients (% of daily need)

Calories: 521.84kcal (26.09%), Fat: 17.88g (27.51%), Saturated Fat: 6.08g (38%), Carbohydrates: 58.08g (19.36%), Net Carbohydrates: 52.84g (19.21%), Sugar: 7.36g (8.18%), Cholesterol: 161.72mg (53.91%), Sodium: 207.41mg (9.02%), Alcohol: 2.06g (100%), Alcohol %: 0.54% (100%), Protein: 29.02g (58.04%), Vitamin C: 86.57mg (104.94%), Manganese: 1.21mg (60.36%), Phosphorus: 297.77mg (29.78%), Copper: 0.55mg (27.33%), Vitamin A: 1335.5IU (26.71%), Fiber: 5.24g (20.94%), Magnesium: 73.83mg (18.46%), Vitamin B6: 0.33mg (16.33%), Potassium: 559.94mg (16%), Iron: 2.45mg (13.6%), Vitamin E: 2.03mg (13.56%), Vitamin B3: 2.7mg (13.51%), Zinc: 1.81mg

(12.04%), Vitamin B1: 0.17mg (11.25%), Calcium: 107.48mg (10.75%), Folate: 41.86µg (10.47%), Vitamin B5: 1.01mg (10.07%), Vitamin K: 10.13µg (9.65%), Vitamin B2: 0.12mg (7%)