



Grilled Italian Shrimp

 Gluten Free

READY IN



22 min.

SERVINGS



22

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup heinz balsamic vinegar
- 2 Tbsp basil fresh chopped
- 0.5 lb mozzarella cheese fresh thinly sliced
- 0.3 cup olive oil
- 1 env. seasons dressing mix italian good
- 0.5 lb genoa salami hard cut into 3/4x1/2-inch pieces
- 1 lb shrimp cleaned

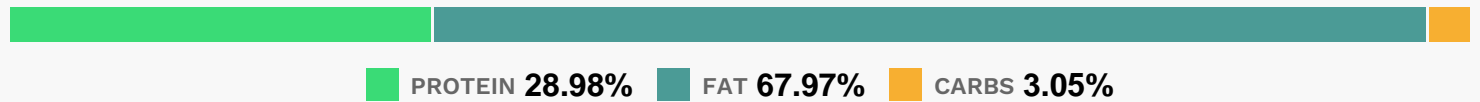
Equipment

- bowl
- grill
- skewers

Directions

- Preheat greased grill to medium heat.
- Mix oil, vinegar and dressing mix in cruet or small bowl as directed on envelope. Thread shrimp and salami alternately on eight skewers.
- Grill kabobs on 5 to 6 min. on each side or until shrimp turn pink.
- Arrange cheese slices on eight serving plates; top each with one kabob.
- Drizzle evenly with the dressing mixture; sprinkle with basil.

Nutrition Facts



Properties

Glycemic Index:7.95, Glycemic Load:0.36, Inflammation Score:-1, Nutrition Score:3.548695648494%

Nutrients (% of daily need)

Calories: 122.15kcal (6.11%), Fat: 9.16g (14.1%), Saturated Fat: 3.05g (19.09%), Carbohydrates: 0.92g (0.31%), Net Carbohydrates: 0.92g (0.33%), Sugar: 0.54g (0.6%), Cholesterol: 49.48mg (16.49%), Sodium: 326.32mg (14.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.79g (17.58%), Phosphorus: 105.09mg (10.51%), Vitamin B12: 0.52µg (8.73%), Calcium: 68.42mg (6.84%), Zinc: 1.02mg (6.78%), Vitamin B1: 0.1mg (6.61%), Selenium: 4.37µg (6.25%), Copper: 0.1mg (5.06%), Vitamin K: 4.58µg (4.37%), Vitamin B2: 0.06mg (3.74%), Vitamin E: 0.5mg (3.3%), Magnesium: 12.26mg (3.07%), Vitamin B6: 0.06mg (3.07%), Potassium: 106.2mg (3.03%), Vitamin B3: 0.59mg (2.97%), Vitamin A: 99.9IU (2%), Iron: 0.34mg (1.91%), Manganese: 0.03mg (1.37%), Vitamin B5: 0.13mg (1.25%)