



Grilled Jerk Shrimp and Pineapple Skewers



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



183 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon allspice
- ☐ 1 tablespoon brown sugar
- ☐ 0.8 teaspoon cinnamon
- ☐ 1 tablespoon rum dark
- ☐ 2 cloves garlic
- ☐ 1 tablespoon ginger grated
- ☐ 2 green onions
- ☐ 0.5 cup jerk marinade

- ☐ 1 juice of lime
- ☐ 0.5 juice of orange
- ☐ 0.8 teaspoon nutmeg
- ☐ 1 tablespoon oil
- ☐ 1 teaspoon pepper
- ☐ 2 slices pineapple cut into 1/2 inch pieces
- ☐ 2 tablespoons soya sauce
- ☐ 1 tablespoon thyme leaves chopped
- ☐ 2 tablespoons vinegar white

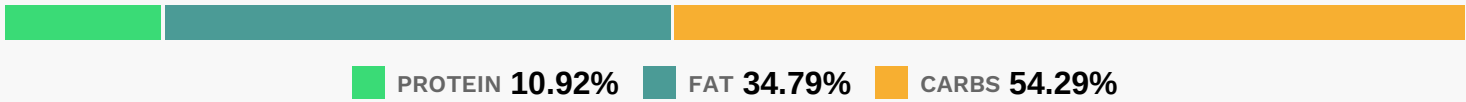
Equipment

- ☐ food processor
- ☐ grill
- ☐ skewers

Directions

- ☐ Marinate the shrimp in the the half of the jerk marinade for at least 20 minutes and up to over night, skewer the shrimp and pineapple and grill over medium-high heat until cooked, about 2-3 minutes per side.Puree everything in a food processor.

Nutrition Facts



Properties

Glycemic Index:108.67, Glycemic Load:3.96, Inflammation Score:-10, Nutrition Score:26.28130450456%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 1.57mg, Hesperetin: 1.57mg, Hesperetin: 1.57mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin:

0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 182.91kcal (9.15%), Fat: 8.15g (12.54%), Saturated Fat: 1.15g (7.2%), Carbohydrates: 28.62g (9.54%), Net Carbohydrates: 16.43g (5.98%), Sugar: 10.39g (11.54%), Cholesterol: 0mg (0%), Sodium: 992.38mg (43.15%), Alcohol: 1.25g (100%), Alcohol %: 1.24% (100%), Protein: 5.76g (11.51%), Vitamin A: 8967.08IU (179.34%), Vitamin E: 11.97mg (79.82%), Manganese: 1.2mg (59.97%), Fiber: 12.19g (48.77%), Vitamin K: 47.48µg (45.22%), Vitamin C: 31.38mg (38.04%), Vitamin B6: 0.73mg (36.42%), Iron: 6.13mg (34.04%), Potassium: 735.27mg (21.01%), Vitamin B3: 4.19mg (20.93%), Copper: 0.41mg (20.26%), Vitamin B2: 0.33mg (19.18%), Magnesium: 63.4mg (15.85%), Calcium: 140.68mg (14.07%), Phosphorus: 117.18mg (11.72%), Zinc: 1.49mg (9.92%), Selenium: 6.58µg (9.4%), Vitamin B1: 0.13mg (8.82%), Folate: 26.29µg (6.57%), Vitamin B5: 0.45mg (4.46%)