



Grilled Shrimp and Apple Skewers



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon basil fresh chopped
- ☐ 2 gala apples cored cut into eighths
- ☐ 1 clove garlic minced
- ☐ 3 tablespoons honey
- ☐ 16 jumbo shrimp deveined peeled
- ☐ 1 tablespoon juice of lemon
- ☐ 3 tablespoons olive oil
- ☐ 0.3 teaspoon pepper flakes red crushed

- ☐ 2 tablespoons red wine vinegar
- ☐ 1 tablespoon strawberry jam
- ☐ 2 teaspoons sugar white

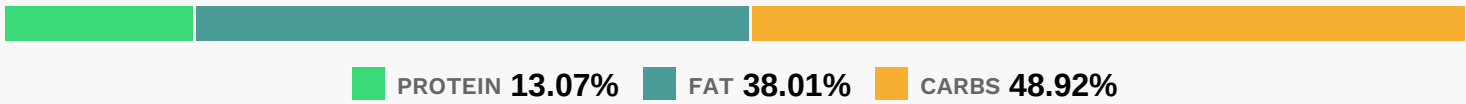
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ ziploc bags
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Whisk together the honey, olive oil, basil, strawberry jam, red pepper flakes, garlic, red wine vinegar, lemon juice and white sugar in a small bowl.
- ☐ Place the apples and shrimp into a large resealable plastic bag.
- ☐ Pour the marinade over the shrimp and apples, seal the bag, and shake to coat; refrigerate for 30 minutes.
- ☐ Preheat an outdoor grill for medium-high heat.
- ☐ Thread the shrimp and apples alternately on 4 metal or soaked wooden skewers. Discard the remaining marinade.
- ☐ Cook the skewers on the preheated grill until the shrimp are opaque, about 5 minutes per side.

Nutrition Facts



Properties

Glycemic Index:38.67, Glycemic Load:6.71, Inflammation Score:-1, Nutrition Score:2.1147825899331%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 123.73kcal (6.19%), Fat: 5.45g (8.39%), Saturated Fat: 0.76g (4.75%), Carbohydrates: 15.79g (5.26%), Net Carbohydrates: 14.61g (5.31%), Sugar: 13.46g (14.96%), Cholesterol: 32.2mg (10.73%), Sodium: 26.9mg (1.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.44%), Vitamin E: 0.87mg (5.8%), Vitamin K: 5.27µg (5.02%), Phosphorus: 49.95mg (4.99%), Copper: 0.1mg (4.96%), Fiber: 1.17g (4.7%), Vitamin C: 3.26mg (3.95%), Potassium: 114.43mg (3.27%), Magnesium: 10.14mg (2.54%), Zinc: 0.32mg (2.11%), Manganese: 0.04mg (2.1%), Calcium: 18.23mg (1.82%), Iron: 0.28mg (1.54%), Vitamin B6: 0.03mg (1.41%), Vitamin A: 56.44IU (1.13%), Vitamin B2: 0.02mg (1.08%)