



Grilled Shrimp and Sausage Kabobs

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup chili sauce
- 1 tablespoon honey
- 0.3 teaspoon garlic powder
- 0.5 lb andouille smoked cut into 12 pieces (andouille, Polish sausage or kielbasa)
- 0.5 lb shrimp shelled deveined uncooked
- 1 medium bell pepper green cut into 12 pieces

Equipment

- bowl

- grill
- metal skewers

Directions

- Heat gas or charcoal grill. In small bowl, combine chili sauce, honey and garlic powder; mix well. Alternately thread sausage, shrimp and bell pepper onto four 12 to 14-inch metal skewers.
- Brush kabobs with some of chili sauce mixture; reserve remaining sauce mixture.
- When grill is heated, place kabobs on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cook 8 to 10 minutes or until shrimp turn pink, turning kabobs and brushing frequently with reserved sauce mixture.
- Bring any remaining chili sauce mixture to a boil.
- Serve warm mixture with kabobs.

Nutrition Facts

PROTEIN 28.52% **FAT 51.3%** **CARBS 20.18%**

Properties

Glycemic Index:16.82, Glycemic Load:2.35, Inflammation Score:-4, Nutrition Score:9.7308696560238%

Flavonoids

Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 272.78kcal (13.64%), Fat: 15.5g (23.85%), Saturated Fat: 5.31g (33.19%), Carbohydrates: 13.72g (4.57%), Net Carbohydrates: 12.37g (4.5%), Sugar: 9.57g (10.63%), Cholesterol: 131.54mg (43.85%), Sodium: 1006.77mg (43.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.4g (38.79%), Vitamin C: 29.41mg (35.65%), Phosphorus: 206.69mg (20.67%), Copper: 0.32mg (16.13%), Vitamin B12: 0.86µg (14.27%), Zinc: 2.07mg (13.78%), Vitamin B1: 0.2mg (13.06%), Vitamin B3: 2.53mg (12.63%), Potassium: 440.14mg (12.58%), Selenium: 7.89µg (11.27%), Vitamin B6: 0.22mg (11.1%), Magnesium: 33.97mg (8.49%), Vitamin B2: 0.13mg (7.7%), Iron: 1.27mg (7.05%), Vitamin A: 342.13IU (6.84%), Fiber: 1.35g (5.41%), Vitamin E: 0.77mg (5.11%), Calcium: 50.52mg (5.05%), Vitamin D: 0.62µg (4.16%), Manganese: 0.08mg (4.1%), Vitamin K: 3.98µg (3.79%), Vitamin B5: 0.28mg (2.84%), Folate: 8.51µg (2.13%)