



Grilled Shrimp and Sausage Skewers with Smoky Paprika Glaze



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



627 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 inch andouille sausage smoked fully cooked (such as linguiça; 16 ounces)
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 12 cherry tomatoes
- ☐ 2 tablespoons thyme sprigs fresh chopped
- ☐ 4 large garlic clove pressed
- ☐ 0.8 cup olive oil
- ☐ 144 servings onion red

- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 0.8 teaspoon salt
- ☐ 4 teaspoons sherry vinegar
- ☐ 12 extra large shrimp deveined uncooked peeled per pound), ,
- ☐ 5 teaspoons paprika smoked

Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ skewers

Directions

- ☐ Whisk oil, garlic, thyme, smoked paprika, Sherry wine vinegar, salt, black pepper, and crushed red pepper in medium bowl to blend for glaze.
- ☐ Transfer half of glaze to small bowl and reserve for serving.
- ☐ Alternately thread shrimp, sausage pieces, cherry tomatoes, and sections of onion wedges on each of 6 long metal skewers. Arrange skewers on large rimmed baking sheet. DO AHEAD: Can be made up to 6 hours ahead. Cover and chill skewers and bowls of glaze separately.
- ☐ Coat grill rack with nonstick spray and prepare barbecue (medium-high heat).
- ☐ Brush skewers on both sides with glaze from 1 bowl. Grill until shrimp are opaque in center, turning and brushing occasionally with more glaze, 6 to 8 minutes.
- ☐ Arrange skewers on platter.
- ☐ Serve with remaining bowl of glaze.
- ☐ * Sometimes labeled Pimentón Dulce or Pimentón de La Vera Dulce; available at some supermarkets, at specialty food stores, and from latienda.com.
- ☐ If you're using bamboo skewers instead of the metal kind, be sure to soak them for at least an hour before grilling. Unsoaked skewers will burn on the grill.

Nutrition Facts



Properties

Glycemic Index:24.83, Glycemic Load:27.59, Inflammation Score:-10, Nutrition Score:36.760869265898%

Flavonoids

Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Isorhamnetin: 66.13mg, Isorhamnetin: 66.13mg, Isorhamnetin: 66.13mg, Isorhamnetin: 66.13mg Kaempferol: 8.59mg, Kaempferol: 8.59mg, Kaempferol: 8.59mg, Kaempferol: 8.59mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 268.23mg, Quercetin: 268.23mg, Quercetin: 268.23mg, Quercetin: 268.23mg

Nutrients (% of daily need)

Calories: 626.92kcal (31.35%), Fat: 8.53g (13.13%), Saturated Fat: 1.83g (11.43%), Carbohydrates: 127.05g (42.35%), Net Carbohydrates: 103.33g (37.57%), Sugar: 57.08g (63.42%), Cholesterol: 36.57mg (12.19%), Sodium: 417.2mg (18.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.34g (40.67%), Vitamin C: 109.82mg (133.12%), Fiber: 23.73g (94.91%), Manganese: 1.87mg (93.59%), Vitamin B6: 1.69mg (84.67%), Folate: 257.27µg (64.32%), Potassium: 2138.6mg (61.1%), Phosphorus: 454.49mg (45.45%), Vitamin B1: 0.64mg (42.91%), Magnesium: 150.75mg (37.69%), Calcium: 339.21mg (33.92%), Copper: 0.66mg (32.87%), Vitamin B2: 0.41mg (24.02%), Vitamin A: 1177.01IU (23.54%), Iron: 4.05mg (22.52%), Zinc: 2.83mg (18.88%), Vitamin B5: 1.77mg (17.71%), Vitamin E: 1.83mg (12.2%), Selenium: 8.25µg (11.79%), Vitamin B3: 2.27mg (11.34%), Vitamin K: 11.3µg (10.77%)