



Grilled Shrimp-and-Vegetable Kebabs

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 cherry tomatoes
- ☐ 0.5 ears corn boiled (or grilled)
- ☐ 0.3 teaspoon dijon mustard
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 0.3 teaspoon garlic
- ☐ 0.1 teaspoon garlic powder
- ☐ 1 small bell pepper green
- ☐ 1 juice of lemon

- ☐ 1 teaspoon olive oil extra virgin extra-virgin
- ☐ 0.3 medium onion
- ☐ 10 medium shrimp
- ☐ 10 mushrooms white
- ☐ 4 frangelico
- ☐ 4 frangelico

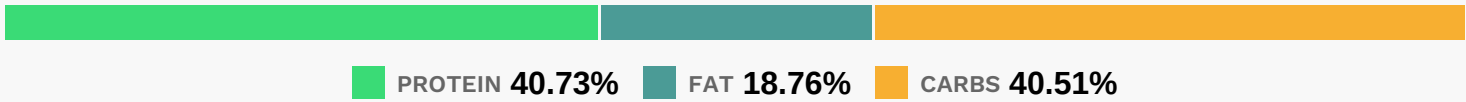
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ aluminum foil
- ☐ wooden skewers

Directions

- ☐ Preheat grill. In a bowl, whisk together olive oil, Dijon mustard, juice from lemon wedge, garlic and parsley; add shrimp. Chop green pepper and onion into kebab-size chunks. On wooden skewers, alternate shrimp with cherry tomatoes, onion and pepper chunks, and mushrooms. Grill over foil, flipping periodically, until shrimp turn pink on both sides, 6 to 8 minutes.
- ☐ Serve with corn on cob, sprinkled with garlic powder.

Nutrition Facts



Properties

Glycemic Index:168, Glycemic Load:2.32, Inflammation Score:-9, Nutrition Score:29.640869436057%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 3.51mg, Luteolin: 3.51mg, Luteolin: 3.51mg, Luteolin: 3.51mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg

1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg
Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.53mg, Quercetin:
8.53mg, Quercetin: 8.53mg, Quercetin: 8.53mg

Nutrients (% of daily need)

Calories: 269.22kcal (13.46%), Fat: 6.26g (9.63%), Saturated Fat: 1g (6.23%), Carbohydrates: 30.42g (10.14%), Net
Carbohydrates: 24.41g (8.87%), Sugar: 14.74g (16.38%), Cholesterol: 161mg (53.67%), Sodium: 172.31mg (7.49%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.58g (61.15%), Vitamin C: 119.54mg (144.89%), Copper: 1.25mg
(62.42%), Vitamin B2: 0.9mg (53%), Phosphorus: 502.93mg (50.29%), Vitamin B3: 9.35mg (46.76%), Potassium:
1602.6mg (45.79%), Vitamin B5: 3.69mg (36.94%), Vitamin B6: 0.61mg (30.66%), Selenium: 20.51µg (29.3%),
Manganese: 0.53mg (26.49%), Magnesium: 98.03mg (24.51%), Fiber: 6.01g (24.05%), Vitamin B1: 0.36mg (24.04%),
Vitamin A: 1200.98IU (24.02%), Folate: 94.06µg (23.52%), Zinc: 3.01mg (20.08%), Iron: 3.33mg (18.48%), Vitamin K:
14.56µg (13.87%), Vitamin E: 1.91mg (12.75%), Calcium: 107.74mg (10.77%), Vitamin D: 0.4µg (2.67%), Vitamin B12:
0.08µg (1.33%)