



Grilled Shrimp Kabobs

 **Gluten Free**  **Dairy Free**

READY IN



50 min.

SERVINGS



4

CALORIES



136 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 medium bell pepper cut into 8 pieces
- 16 medium cherry tomatoes
- 16 small mushrooms whole
- 1 medium onion red cut into 8 pieces
- 1 lb shrimp frozen thawed deveined uncooked peeled

Equipment

- grill
- ziploc bags

metal skewers

Directions

- In shallow glass or plastic dish or resealable freezer plastic bag, place shrimp and dressing. Cover dish or seal bag; refrigerate 30 minutes.
- Heat gas or charcoal grill.
- Remove shrimp from marinade; reserve marinade. Thread shrimp, onion, bell pepper, tomatoes and mushrooms alternately on each of 4 (15-inch) metal skewers, leaving 1/4-inch space between each piece.
- Place kabobs on grill over medium heat. Cover grill; cook 6 to 8 minutes, turning frequently and brushing several times with marinade, until shrimp are pink. Discard any remaining marinade.

Nutrition Facts

 **PROTEIN 70.78%**  **FAT 5.71%**  **CARBS 23.51%**

Properties

Glycemic Index:22.75, Glycemic Load:1.23, Inflammation Score:-8, Nutrition Score:13.465652394554%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg

Nutrients (% of daily need)

Calories: 136.16kcal (6.81%), Fat: 0.91g (1.39%), Saturated Fat: 0.17g (1.09%), Carbohydrates: 8.39g (2.8%), Net Carbohydrates: 6.43g (2.34%), Sugar: 4.9g (5.45%), Cholesterol: 182.57mg (60.86%), Sodium: 146.71mg (6.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.27g (50.54%), Vitamin C: 56.46mg (68.44%), Copper: 0.64mg (31.87%), Phosphorus: 311.82mg (31.18%), Vitamin A: 1264.54IU (25.29%), Potassium: 677.73mg (19.36%), Magnesium: 55.73mg (13.93%), Zinc: 1.94mg (12.96%), Vitamin B2: 0.21mg (12.26%), Vitamin B6: 0.21mg (10.74%), Vitamin B3: 2.13mg (10.64%), Manganese: 0.2mg (9.82%), Calcium: 89.66mg (8.97%), Folate: 34.55µg (8.64%), Vitamin B5: 0.81mg (8.15%), Iron: 1.44mg (7.99%), Fiber: 1.97g (7.87%), Selenium: 4.23µg (6.04%), Vitamin E: 0.86mg (5.74%), Vitamin B1: 0.09mg (5.71%), Vitamin K: 3.47µg (3.31%)