



Grilled Shrimp Kabobs

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

READY IN



50 min.

SERVINGS



4

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

Equipment

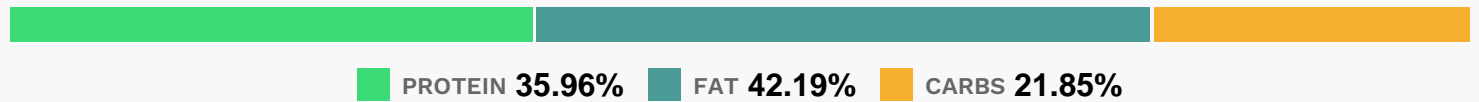
- grill

- 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



Properties

Glycemic Index:22.75, Glycemic Load:1.23, Inflammation Score:-8, Nutrition Score:15.713913058457%

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: 277.16kcal (13.86%), Fat: 13.3g (20.46%), Saturated Fat: 1.91g (11.92%), Carbohydrates: 15.5g (5.17%), Net Carbohydrates: 13.53g (4.92%), Sugar: 11.25g (12.5%), Cholesterol: 182.57mg (60.86%), Sodium: 730.1mg (31.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.51g (51.03%), Vitamin C: 56.69mg (68.72%), Vitamin K: 36.37µg (34.64%), Copper: 0.65mg (32.43%), Phosphorus: 320.63mg (32.06%), Vitamin A: 1285.69IU (25.71%), Potassium: 727.08mg (20.77%), Magnesium: 58.67mg (14.67%), Vitamin E: 2.15mg (14.31%), Zinc: 1.99mg (13.23%), Vitamin B6: 0.25mg (12.62%), Vitamin B2: 0.21mg (12.26%), Vitamin B3: 2.21mg (11.03%), Manganese: 0.21mg (10.73%), Calcium: 97.3mg (9.73%), Iron: 1.59mg (8.84%), Folate: 34.55µg (8.64%), Vitamin B5: 0.81mg (8.15%), Fiber: 1.97g (7.87%), Selenium: 5.4µg (7.72%), Vitamin B1: 0.1mg (6.49%)