



Grilled Shrimp Kabobs

READY IN



30 min.

SERVINGS



4

CALORIES



204 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup chili sauce
- 1 medium size bell pepper green cut into 1-inch pieces
- 2 teaspoons horseradish prepared
- 1 teaspoon hot sauce
- 0.5 cup beer light
- 0.3 cup no-salt-added ketchup
- 0.3 cup nonfat mayonnaise
- 8 pearl onions
- 1 medium size bell pepper sweet red cut into 1-inch pieces

1 pound shrimp fresh deveined peeled

Equipment

sauce pan

grill

ziploc bags

metal skewers

Directions

Combine first 4 ingredients in a large heavy-duty, zip-top plastic bag; add shrimp. Seal bag; turn bag to coat shrimp. Marinate in refrigerator 15 minutes.

Combine mayonnaise and horseradish; stir well. Cover and chill while shrimp marinates and cooks.

Remove shrimp from marinade.

Place marinade in a small saucepan; bring to a boil, and set aside.

Thread vegetables onto 3 (12-inch) metal skewers. Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).

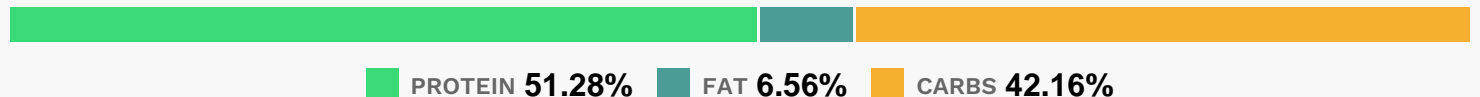
Place vegetable kabobs on rack; grill, covered, 3 minutes.

While vegetables cook, thread shrimp onto 5 (12-inch) metal skewers.

Place shrimp kabobs on rack; grill, covered, 5 minutes or until shrimp turn pink and vegetables are crisp-tender, turning and basting occasionally with reserved marinade.

Serve with mayonnaise mixture.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:1.77, Inflammation Score:-8, Nutrition Score:13.889130384054%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.91mg, Quercetin: 12.91mg, Quercetin: 12.91mg, Quercetin: 12.91mg

Nutrients (% of daily need)

Calories: 204kcal (10.2%), Fat: 1.42g (2.19%), Saturated Fat: 0.31g (1.93%), Carbohydrates: 20.55g (6.85%), Net Carbohydrates: 17.13g (6.23%), Sugar: 12.52g (13.91%), Cholesterol: 184.3mg (61.43%), Sodium: 786.7mg (34.2%), Alcohol: 0.91g (100%), Alcohol %: 0.34% (100%), Protein: 25g (50%), Vitamin C: 73.27mg (88.81%), Phosphorus: 296.89mg (29.69%), Copper: 0.54mg (27.16%), Vitamin A: 1276.47IU (25.53%), Potassium: 651.29mg (18.61%), Magnesium: 58.91mg (14.73%), Vitamin B6: 0.29mg (14.66%), Fiber: 3.42g (13.68%), Zinc: 1.82mg (12.16%), Calcium: 102.07mg (10.21%), Vitamin K: 10.48µg (9.99%), Manganese: 0.19mg (9.7%), Folate: 34.39µg (8.6%), Vitamin E: 1.26mg (8.38%), Iron: 1.26mg (7.03%), Vitamin B1: 0.09mg (6.22%), Vitamin B3: 1.18mg (5.89%), Vitamin B2: 0.08mg (4.84%), Vitamin B5: 0.21mg (2.1%), Selenium: 0.95µg (1.36%)