



Grilled Shrimp Kebabs

READY IN



45 min.

SERVINGS



2

CALORIES



816 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings warm bulgur wheat pilaf
- ☐ 0.5 cup butter softened
- ☐ 8 large cherry tomatoes
- ☐ 1 tablespoon chives fresh minced
- ☐ 2 tablespoons orange juice fresh
- ☐ 1 tablespoon orange zest grated
- ☐ 0.3 teaspoon cracked pepper black
- ☐ 2 poblano chiles cut into pieces
- ☐ 0.3 teaspoon salt

- ☐ 1 shallots minced
- ☐ 1 pound shrimp deveined peeled

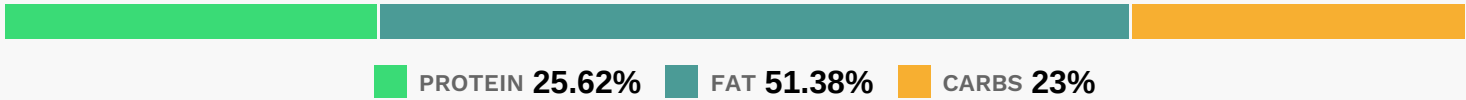
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ Combine first 7 ingredients in a bowl.
- ☐ Thread shrimp, chiles, and tomatoes on skewers.
- ☐ Brush with 1/4 cup butter mixture, and cover. Prepare pilaf.
- ☐ Grill skewers over medium-hot coals 3 minutes on each side or until shrimp are done.
- ☐ Brush with remaining butter mixture.
- ☐ Wine note: Natalie MacLean, author of Red, White, and Drunk All Over, suggests pairing the kebabs with Villa Maria Sauvignon Blanc, a refreshing New Zealand white. Its citrus and herbal aromas complement this dish.

Nutrition Facts



Properties

Glycemic Index:133, Glycemic Load:14.43, Inflammation Score:-9, Nutrition Score:29.908695858458%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Luteolin: 5.61mg, Luteolin: 5.61mg, Luteolin: 5.61mg, Luteolin: 5.61mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

Nutrients (% of daily need)

Calories: 815.72kcal (40.79%), Fat: 48.15g (74.08%), Saturated Fat: 29.6g (184.99%), Carbohydrates: 48.48g (16.16%), Net Carbohydrates: 36.6g (13.31%), Sugar: 7.22g (8.02%), Cholesterol: 487.15mg (162.38%), Sodium: 946.3mg (41.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.02g (108.03%), Vitamin C: 125.63mg (152.28%), Manganese: 1.79mg (89.44%), Phosphorus: 693.89mg (69.39%), Copper: 1.2mg (59.98%), Fiber: 11.88g (47.52%), Vitamin A: 2308.96IU (46.18%), Magnesium: 181.18mg (45.29%), Potassium: 1249.84mg (35.71%), Zinc: 4.32mg (28.78%), Vitamin B6: 0.54mg (26.97%), Calcium: 208.45mg (20.85%), Iron: 3.46mg (19.24%), Vitamin K: 19.29µg (18.37%), Vitamin B3: 3.47mg (17.36%), Vitamin B1: 0.23mg (15.41%), Vitamin E: 2.19mg (14.6%), Folate: 46.89µg (11.72%), Vitamin B5: 0.85mg (8.47%), Vitamin B2: 0.13mg (7.86%), Selenium: 2.2µg (3.15%), Vitamin B12: 0.1µg (1.61%)