



Grilled Shrimp Pincho



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 inch bamboo skewers
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon garlic minced
- ☐ 0.3 cup guava glaze
- ☐ 0.3 cup olive oil
- ☐ 1 cranberry-orange relish cut into 12 wedges
- ☐ 3 ají dulce peppers quartered
- ☐ 0.3 teaspoon salt

☐ 12 large shrimp deveined peeled

Equipment

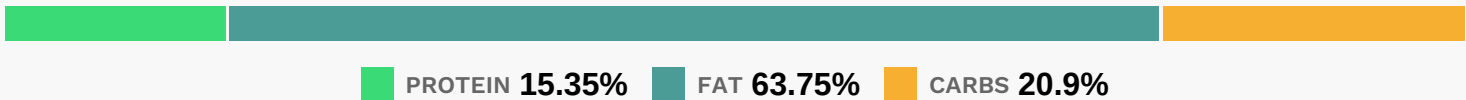
☐ grill

☐ skewers

Directions

- ☐ Soak skewers in water 1 hour, and prepare grill.
- ☐ Toss shrimp with garlic and oil. Wrap each shrimp around a pepper piece, and thread onto a skewer.
- ☐ Sprinkle with salt and pepper.
- ☐ Grill skewers 2 minutes on each side or until shrimp turn pink.
- ☐ Remove skewers from grill.
- ☐ Brush shrimp with Guava Glaze.
- ☐ Add 1 orange wedge to end of each skewer.

Nutrition Facts



Properties

Glycemic Index:17.63, Glycemic Load:0.79, Inflammation Score:-3, Nutrition Score:4.0960869270822%

Flavonoids

Hesperetin: 2.97mg, Hesperetin: 2.97mg, Hesperetin: 2.97mg, Hesperetin: 2.97mg Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 62.99kcal (3.15%), Fat: 4.66g (7.16%), Saturated Fat: 0.66g (4.13%), Carbohydrates: 3.43g (1.15%), Net Carbohydrates: 2.44g (0.89%), Sugar: 2.07g (2.3%), Cholesterol: 16.1mg (5.37%), Sodium: 61.61mg (2.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.05%), Vitamin C: 37.79mg (45.8%), Vitamin E: 0.81mg (5.41%), Vitamin K: 5.05µg (4.81%), Vitamin B6: 0.09mg (4.35%), Fiber: 0.99g (3.96%), Copper: 0.08mg (3.77%), Potassium:

116.58mg (3.33%), Manganese: 0.06mg (3.17%), Phosphorus: 31.62mg (3.16%), Vitamin A: 156.43IU (3.13%),
Magnesium: 8.58mg (2.14%), Vitamin B1: 0.03mg (2.03%), Folate: 8µg (2%), Calcium: 15.84mg (1.58%), Zinc: 0.2mg
(1.36%), Iron: 0.22mg (1.2%), Vitamin B3: 0.22mg (1.09%)