



Grilled Shrimp Skewers with Summer Fruit Salsa

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



191 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup apricots diced (2)
- 2 tablespoons butter melted
- 2 tablespoons mint leaves fresh thinly sliced
- 1 garlic clove minced
- 1 green onion finely chopped
- 0.1 teaspoon ground pepper red
- 1 tablespoon honey

- 2 pounds shrimp deveined peeled
- 2 teaspoons juice of lemon fresh
- 3 tablespoons juice of lime fresh
- 1 teaspoon lime rind grated
- 6 lime wedges
- 0.5 cup nectarines diced (1)
- 0.5 cup plum ripe chopped (1)
- 2 tablespoons onion diced red
- 0.3 teaspoon salt
- 1 tablespoon serrano chile minced seeded
- 12 cherries sweet pitted halved

Equipment

- bowl
- grill
- skewers

Directions

- To prepare salsa, combine the first 13 ingredients in a medium bowl; stir well. Cover and chill 1 hour.
- Prepare grill.
- To prepare shrimp, place butter, 2 teaspoons juice, 1/4 teaspoon salt, garlic, and shrimp in a large bowl; toss to coat. Thread 4 shrimp onto each of 6 (12-inch) skewers.
- Place kebabs on a grill rack coated with cooking spray; grill for 3 minutes on each side or until shrimp are done.
- Serve with salsa and lime wedges.
- Garnish with mint sprigs, if desired.

Nutrition Facts



■ PROTEIN 44.29% ■ FAT 25.65% ■ CARBS 30.06%

Properties

Glycemic Index:72.1, Glycemic Load:4.01, Inflammation Score:-6, Nutrition Score:14.024347668109%

Flavonoids

Cyanidin: 5.86mg, Cyanidin: 5.86mg, Cyanidin: 5.86mg, Cyanidin: 5.86mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.15mg, Epicatechin: 2.15mg, Epicatechin: 2.15mg, Epicatechin: 2.15mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Hesperetin: 8.97mg, Hesperetin: 8.97mg, Hesperetin: 8.97mg, Hesperetin: 8.97mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 191.25kcal (9.56%), Fat: 5.56g (8.55%), Saturated Fat: 2.6g (16.24%), Carbohydrates: 14.65g (4.88%), Net Carbohydrates: 12.77g (4.65%), Sugar: 9.19g (10.21%), Cholesterol: 200.54mg (66.85%), Sodium: 986.34mg (42.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.58g (43.16%), Selenium: 45.04µg (64.34%), Phosphorus: 391.09mg (39.11%), Vitamin B12: 1.69µg (28.1%), Vitamin C: 14.76mg (17.89%), Vitamin A: 879.09IU (17.58%), Copper: 0.34mg (17.06%), Vitamin E: 2.44mg (16.26%), Vitamin B3: 3.12mg (15.62%), Vitamin B6: 0.3mg (15.24%), Zinc: 1.63mg (10.85%), Magnesium: 43.11mg (10.78%), Calcium: 102.55mg (10.26%), Folate: 39.13µg (9.78%), Potassium: 339.41mg (9.7%), Fiber: 1.88g (7.5%), Vitamin K: 7.3µg (6.95%), Vitamin B5: 0.65mg (6.5%), Manganese: 0.13mg (6.28%), Iron: 0.77mg (4.3%), Vitamin B1: 0.06mg (4.05%), Vitamin B2: 0.06mg (3.4%), Vitamin D: 0.15µg (1.01%)