



Grilled Shrimp with Honey-Ginger Barbecue Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



120 min.

SERVINGS



8

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 servings honey-ginger barbecue sauce
- ☐ 1 teaspoon salt
- ☐ 4 tablespoons vegetable oil

Equipment

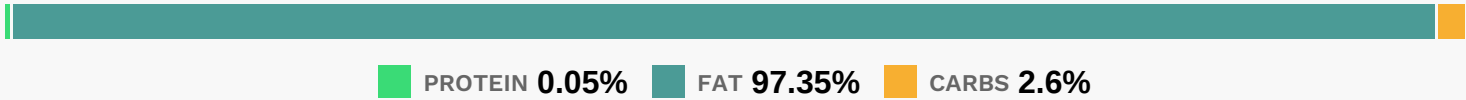
- ☐ sauce pan
- ☐ plastic wrap
- ☐ grill

☐ skewers

Directions

- ☐ If necessary, pat shrimp dry, then thread about 6 shrimp (through top and tail, leaving shrimp curled), onto each skewer, without leaving space between shrimp.
- ☐ Prepare grill for direct-heat cooking over medium-hot charcoal (medium-high for gas); see Grilling Procedure.
- ☐ Meanwhile, brush shrimp with vegetable oil and sprinkle evenly with salt.
- ☐ Lightly oil grill rack. Grill shrimp, covered only if using a gas grill, turning over once, 2 minutes.
- ☐ Brush shrimp with some sauce from the saucepan, then turn.
- ☐ Brush shrimp with additional sauce then grill until just cooked through, 1 to 2 minutes.
- ☐ Serve with reserved sauce.
- ☐ •In terms of shrimp size, go by the count per pound versus the descriptive terms such as jumbo and extra-large. If the count is not displayed, ask. •Sauce can be made 3 days ahead and refrigerated once cooled. Reheat before proceeding. •Shrimp can be threaded onto skewers and refrigerated on a tray, loosely covered with plastic wrap, 2 hours before grilling.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.71043479523581%

Nutrients (% of daily need)

Calories: 61.83kcal (3.09%), Fat: 6.81g (10.47%), Saturated Fat: 1.04g (6.48%), Carbohydrates: 0.41g (0.14%), Net Carbohydrates: 0.4g (0.15%), Sugar: 0.33g (0.37%), Cholesterol: 0mg (0%), Sodium: 300.98mg (13.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.01g (0.02%), Vitamin K: 12.52µg (11.93%), Vitamin E: 0.56mg (3.76%)