



Grilled Shrimp with Molasses-Guava Glaze

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons apricot preserves
- ☐ 1.5 tablespoons butter cut into 1/2-inch cubes
- ☐ 3 tablespoons lime zest finely grated
- ☐ 6 tablespoons mild-flavored molasses light ()
- ☐ 8 servings sea salt fine
- ☐ 32 medium shrimp deveined uncooked peeled

Equipment

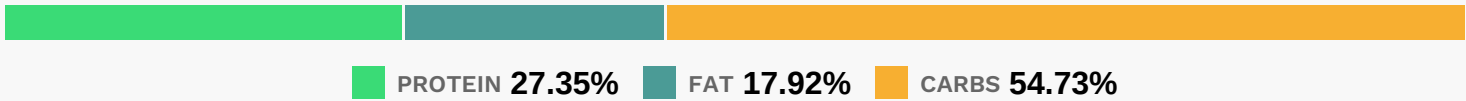
- ☐ bowl

- ☐ microwave
- ☐ skewers

Directions

- ☐ Microwave first 3 ingredients in medium bowl until jam and butter melt, about 20 seconds. Stir to blend. Stir lime peel into glaze. Thread 4 shrimp onto each skewer. DO AHEAD: Glaze and shrimp can be made 8 hours ahead.
- ☐ Cover separately and chill. Prepare barbecue (medium-high heat).
- ☐ Sprinkle shrimp with sea salt.
- ☐ Place 3 tablespoons glaze in bowl; set aside.
- ☐ Brush shrimp with some of remaining glaze. Grill shrimp until just opaque in center, brushing occasionally with glaze, about 2 minutes per side.
- ☐ Drizzle with reserved glaze and serve.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:4.99, Inflammation Score:-2, Nutrition Score:3.7908695609025%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.97mg, Hesperetin: 0.97mg, Hesperetin: 0.97mg, Hesperetin: 0.97mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 115.15kcal (5.76%), Fat: 2.37g (3.64%), Saturated Fat: 1.39g (8.71%), Carbohydrates: 16.27g (5.42%), Net Carbohydrates: 16.19g (5.89%), Sugar: 14.5g (16.11%), Cholesterol: 70.04mg (23.35%), Sodium: 266.86mg (11.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.13g (16.26%), Magnesium: 50.79mg (12.7%), Manganese: 0.25mg (12.32%), Copper: 0.24mg (11.93%), Potassium: 333.34mg (9.52%), Phosphorus: 91.51mg (9.15%), Calcium: 59.34mg (5.93%), Iron: 0.97mg (5.38%), Vitamin B6: 0.1mg (5.15%), Selenium: 2.86µg (4.08%), Zinc: 0.59mg (3.93%), Vitamin A: 82.1IU (1.64%), Vitamin C: 1.31mg (1.59%), Vitamin B5: 0.13mg (1.3%)