



Grilled Spicy Garlic Shrimp, Pepper and Pineapple Kabobs



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



187 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons vegetable oil
- ☐ 1 teaspoon lime zest grated
- ☐ 2 tablespoons juice of lime
- ☐ 2 tablespoons pineapple juice canned
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon hot sauce red
- ☐ 2 cloves garlic finely chopped

- ☐ 0.8 lb shrimp frozen thawed deveined uncooked peeled
- ☐ 8 oz pineapple chunks drained for marinade canned
- ☐ 1 and orange peppers cut into 12 pieces
- ☐ 4 medium spring onion cut into 1 1/2-inch pieces

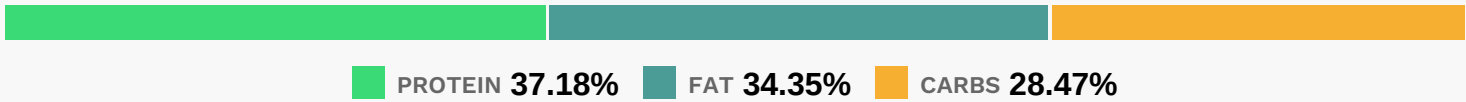
Equipment

- ☐ grill
- ☐ ziploc bags
- ☐ metal skewers

Directions

- ☐ In shallow glass or plastic dish or resealable food-storage plastic bag, mix marinade ingredients.
- ☐ Add shrimp, pineapple, bell pepper and onions; stir to coat. Cover dish or seal bag; refrigerate 15 to 30 minutes, turning once or twice.
- ☐ Heat gas or charcoal grill. Carefully brush vegetable oil on grill rack. On each of 4 (12- to 14-inch) metal skewers, thread shrimp, pineapple, bell pepper and onions alternately, leaving small space between each piece. Reserve marinade.
- ☐ Place kabobs on grill over medium heat. Cover grill; cook 5 to 7 minutes, turning and brushing with marinade once, until shrimp are pink and vegetables are tender. Discard any remaining marinade.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:1.19, Inflammation Score:-7, Nutrition Score:11.591304367003%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.21mg,

Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 187.22kcal (9.36%), Fat: 7.44g (11.44%), Saturated Fat: 1.15g (7.2%), Carbohydrates: 13.87g (4.62%), Net Carbohydrates: 12.02g (4.37%), Sugar: 10.59g (11.76%), Cholesterol: 136.93mg (45.64%), Sodium: 257.88mg (11.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.11g (36.22%), Vitamin C: 50.03mg (60.64%), Vitamin K: 45.51µg (43.34%), Vitamin A: 1114.29IU (22.29%), Copper: 0.42mg (21.15%), Phosphorus: 203.32mg (20.33%), Potassium: 424.45mg (12.13%), Magnesium: 46.76mg (11.69%), Zinc: 1.36mg (9.08%), Vitamin B6: 0.17mg (8.39%), Calcium: 81.4mg (8.14%), Vitamin E: 1.14mg (7.6%), Manganese: 0.15mg (7.51%), Fiber: 1.84g (7.37%), Folate: 28.32µg (7.08%), Vitamin B1: 0.09mg (6.11%), Iron: 1.01mg (5.63%), Vitamin B2: 0.05mg (3.17%), Vitamin B3: 0.57mg (2.84%), Vitamin B5: 0.13mg (1.29%)