



Grilled Teriyaki Shrimp Kebabs



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 inch pineapple fresh cubed ()
- ☐ 1 medium onion red cut into 8 wedges
- ☐ 1 tablespoon sesame seed toasted
- ☐ 1.5 pounds and shrimp deveined peeled
- ☐ 0.3 cup teriyaki sauce low-sodium

Equipment

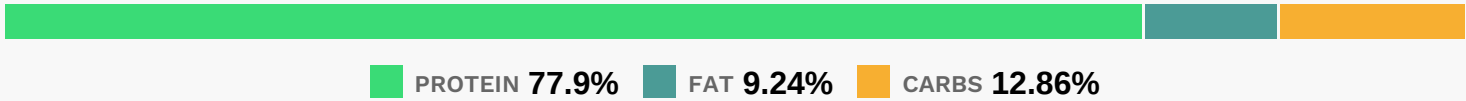
- ☐ bowl
- ☐ grill

☐ skewers

Directions

- ☐ Prepare grill.
- ☐ To prepare sauce, combine teriyaki sauce and sesame seeds in a small bowl.
- ☐ To prepare kebabs, thread 6 shrimp, 4 pineapple chunks, and 1 onion wedge alternately onto each of 8 (10-inch) skewers.
- ☐ Brush kebabs with teriyaki mixture.
- ☐ Place kebabs on grill rack coated with cooking spray; grill 8 minutes or until shrimp are done, turning once.

Nutrition Facts



Properties

Glycemic Index:30.17, Glycemic Load:0.69, Inflammation Score:-2, Nutrition Score:7.8813044381854%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 183.38kcal (9.17%), Fat: 1.89g (2.91%), Saturated Fat: 0.32g (2.02%), Carbohydrates: 5.93g (1.98%), Net Carbohydrates: 5.2g (1.89%), Sugar: 3.77g (4.19%), Cholesterol: 273.86mg (91.29%), Sodium: 893.14mg (38.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.92g (71.83%), Phosphorus: 412.33mg (41.23%), Copper: 0.78mg (38.81%), Magnesium: 80.36mg (20.09%), Zinc: 2.5mg (16.67%), Potassium: 539.76mg (15.42%), Calcium: 139.27mg (13.93%), Iron: 1.54mg (8.56%), Manganese: 0.15mg (7.33%), Vitamin B6: 0.07mg (3.38%), Fiber: 0.73g (2.92%), Vitamin C: 2.34mg (2.83%), Vitamin B1: 0.03mg (2.29%), Folate: 8.72µg (2.18%), Vitamin B3: 0.35mg (1.77%), Vitamin B2: 0.03mg (1.48%), Selenium: 1.02µg (1.46%)