

Hawaiian Shrimp

 **Gluten Free**  **Dairy Free**

READY IN



38 min.

SERVINGS



6

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound bacon cut into 2 inch pieces
- 2 cups cherry tomatoes
- 0.5 pound mushrooms fresh
- 1 cup sauce sweet sour
- 40 2 (20 ounce) cans pineapple chunks canned
- 2 large bell peppers red chopped
- 2 pounds shrimp deveined peeled

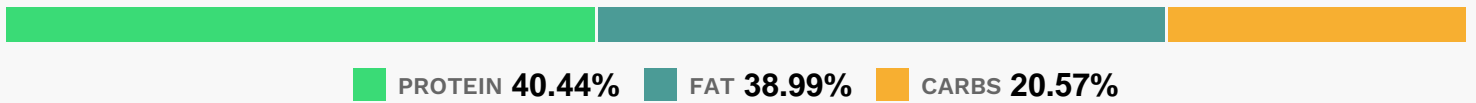
Equipment

- bowl
- baking pan
- grill
- skewers

Directions

- Preheat grill for high heat.
- Thread shrimp, pineapple, bacon, red bell peppers, mushroom caps, and cherry tomatoes on skewers, alternating ingredients.
- Place in a shallow baking dish. In a small bowl, mix sweet and sour sauce with reserved pineapple juice. Reserve a small amount for basting.
- Pour remaining sauce over skewers.
- Lightly oil grill grate. Cook kabobs on preheated grill for 6 to 8 minutes, or until opaque, basting often with reserved sauce.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.96, Inflammation Score:-9, Nutrition Score:19.009565114975%

Flavonoids

Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 369.72kcal (18.49%), Fat: 16.17g (24.87%), Saturated Fat: 5.24g (32.74%), Carbohydrates: 19.2g (6.4%), Net Carbohydrates: 17.24g (6.27%), Sugar: 14.34g (15.93%), Cholesterol: 268.38mg (89.46%), Sodium: 912.94mg (39.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.73g (75.46%), Vitamin C: 82.72mg (100.26%), Phosphorus: 439.09mg (43.91%), Vitamin A: 1971.8IU (39.44%), Copper: 0.78mg (39.05%), Potassium: 826.09mg (23.6%), Zinc: 2.88mg (19.21%), Vitamin B3: 3.7mg (18.52%), Magnesium: 72.89mg (18.22%), Vitamin B6: 0.34mg (17.16%), Selenium: 11.44µg (16.35%), Vitamin B2: 0.24mg (14.2%), Vitamin B1: 0.19mg (12.61%), Calcium: 110.15mg (11.01%), Vitamin B5: 1.01mg (10.13%), Folate: 38.36µg (9.59%), Iron: 1.72mg (9.56%), Manganese: 0.19mg (9.26%), Vitamin E: 1.31mg (8.73%), Fiber: 1.96g (7.84%), Vitamin K: 4.12µg (3.92%), Vitamin B12: 0.2µg (3.4%), Vitamin D:

0.23µg (1.51%)