



Hickory-Smoked Barbecue Shrimp

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



10

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup hickory-flavored barbecue sauce
- 0.5 cup shrimp-and-crab boil seasoning dry
- 0.8 cup cooking wine dry white
- 1 teaspoon hot sauce
- 3 lemons sliced
- 0.8 cup butter
- 1 teaspoon pepper
- 2 cups hickory chips

3 pounds shrimp fresh unpeeled

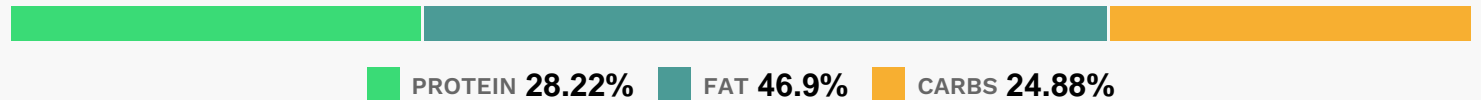
Equipment

grill

Directions

- Soak wood chips in water at least 30 minutes.
- Prepare charcoal fire in grill; let burn 15 to 20 minutes.
- Drain chips, and place on coals.
- Place layers of shrimp and lemon slices alternately in dish; brush with barbecue sauce.
- Sprinkle with shrimp-and-crab boil seasoning, pepper, and hot sauce; dot with butter.
- Add wine to dish.
- Place dish on grill rack, and cook, covered with grill lid, 15 to 20 minutes or just until shrimp turn pink, stirring once.
- Note: For testing purposes only, we used Kkraft Thick'n Spicy Hickory Smoked Barbecue Sauce and McCormick Shrimp-and-Crab Boil Seasoning.

Nutrition Facts



Properties

Glycemic Index:13.68, Glycemic Load:8.44, Inflammation Score:-6, Nutrition Score:12.639565168515%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Eriodictyol: 6.92mg, Eriodictyol: 6.92mg, Eriodictyol: 6.92mg, Eriodictyol: 6.92mg Hesperetin: 9.11mg, Hesperetin: 9.11mg, Hesperetin: 9.11mg, Hesperetin: 9.11mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 421.14kcal (21.06%), Fat: 21.93g (33.74%), Saturated Fat: 5.27g (32.92%), Carbohydrates: 26.17g (8.72%), Net Carbohydrates: 22.56g (8.2%), Sugar: 5.84g (6.49%), Cholesterol: 219.09mg (73.03%), Sodium: 714.73mg (31.08%), Alcohol: 1.85g (100%), Alcohol %: 0.87% (100%), Protein: 29.69g (59.38%), Phosphorus: 349.19mg (34.92%), Copper: 0.6mg (30.12%), Vitamin K: 28.86µg (27.48%), Vitamin C: 20.99mg (25.44%), Manganese: 0.47mg (23.34%), Potassium: 687.7mg (19.65%), Magnesium: 71.1mg (17.78%), Iron: 2.92mg (16.24%), Vitamin A: 742.01IU (14.84%), Calcium: 147mg (14.7%), Fiber: 3.61g (14.45%), Zinc: 2.16mg (14.38%), Vitamin B6: 0.18mg (8.99%), Vitamin B3: 1.31mg (6.54%), Vitamin E: 0.74mg (4.93%), Folate: 19.5µg (4.87%), Vitamin B1: 0.06mg (4.23%), Vitamin B5: 0.37mg (3.66%), Vitamin B2: 0.05mg (2.68%), Selenium: 0.83µg (1.19%)