



Honey-glazed Shrimp



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings blonde barbecue sauce
- ☐ 4 servings citrus-chipotle sauce
- ☐ 0.3 cup honey
- ☐ 4 servings chimichurri sauce
- ☐ 0.3 cup orange juice concentrate frozen
- ☐ 2 pounds shrimp deveined peeled
- ☐ 0.3 cup soya sauce

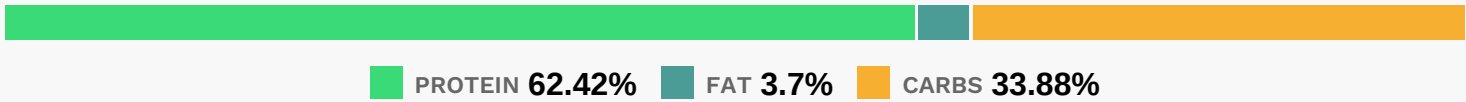
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Combine first 3 ingredients in a small bowl; set aside one-half of glaze.
- ☐ Brush shrimp with remaining glaze.
- ☐ Grill shrimp over medium-high heat 3 to 4 minutes or until done.
- ☐ Brush with reserved glaze, and serve immediately with sauces.

Nutrition Facts



Properties

Glycemic Index:16.82, Glycemic Load:9.24, Inflammation Score:-2, Nutrition Score:11.379565348444%

Nutrients (% of daily need)

Calories: 301.29kcal (15.06%), Fat: 1.27g (1.95%), Saturated Fat: 0.26g (1.6%), Carbohydrates: 26.17g (8.72%), Net Carbohydrates: 25.51g (9.27%), Sugar: 23.97g (26.64%), Cholesterol: 365.14mg (121.71%), Sodium: 1375.1mg (59.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.22g (96.45%), Phosphorus: 522.35mg (52.24%), Copper: 0.93mg (46.58%), Vitamin C: 25.85mg (31.33%), Magnesium: 93.88mg (23.47%), Potassium: 764.71mg (21.85%), Zinc: 3.2mg (21.33%), Calcium: 157.36mg (15.74%), Iron: 1.79mg (9.96%), Manganese: 0.2mg (9.9%), Vitamin B3: 0.99mg (4.94%), Vitamin B6: 0.09mg (4.53%), Folate: 17.59µg (4.4%), Vitamin B2: 0.07mg (4.06%), Vitamin B1: 0.06mg (4.03%), Fiber: 0.67g (2.68%), Vitamin B5: 0.19mg (1.88%), Vitamin A: 69.51IU (1.39%)