



HEALTH SCORE

79%

Honey Shrimp Skewers



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



3237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings garnish: chives sliced
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup honey
- ☐ 0.3 cup juice of lemon fresh
- ☐ 3 tablespoons olive oil
- ☐ 0.3 teaspoon cracked pepper black
- ☐ 24 pineapple wedges
- ☐ 6 ounces pancetta halved lengthwise

- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 1 pound shrimp (24)
- ☐ 0.5 cup soya sauce

Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ Combine first 7 ingredients in a large bowl.
- ☐ Wrap 1 piece prosciutto around each shrimp. Thread shrimp and nectarines alternately on 8 (8-inch) skewers.
- ☐ Place skewers in a shallow dish; drizzle with 1/2 cup soy sauce mixture, turning to coat. Cover and refrigerate 30 minutes.
- ☐ Preheat grill to medium-high heat (350 to 400).
- ☐ Remove skewers from marinade; discard marinade. Grill skewers 3 minutes on each side or until shrimp are opaque.
- ☐ Serve with remaining soy sauce mixture.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:55.73, Glycemic Load:385.54, Inflammation Score:-10, Nutrition Score:73.397391272628%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg

Myricetin: 0.57mg Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg

Nutrients (% of daily need)

Calories: 3236.91kcal (161.85%), Fat: 38.54g (59.29%), Saturated Fat: 8.28g (51.74%), Carbohydrates: 740.33g (246.78%), Net Carbohydrates: 662.93g (241.07%), Sugar: 558.97g (621.08%), Cholesterol: 210.64mg (70.21%), Sodium: 2095.4mg (91.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 62.21g (124.42%), Vitamin C: 2602.05mg (3154%), Manganese: 50.79mg (2539.36%), Copper: 6.82mg (341%), Vitamin B6: 6.35mg (317.56%), Fiber: 77.4g (309.62%), Vitamin B1: 4.49mg (299.64%), Folate: 994.1µg (248.52%), Magnesium: 738.33mg (184.58%), Potassium: 6441.81mg (184.05%), Vitamin B3: 30.44mg (152.21%), Vitamin B5: 11.97mg (119.66%), Vitamin B2: 1.85mg (108.94%), Iron: 18.61mg (103.41%), Calcium: 870.8mg (87.08%), Phosphorus: 831.54mg (83.15%), Vitamin A: 3204.65IU (64.09%), Zinc: 9.38mg (62.51%), Vitamin K: 44.69µg (42.56%), Selenium: 17.45µg (24.92%), Vitamin E: 2.87mg (19.16%), Vitamin B12: 0.21µg (3.54%), Vitamin D: 0.17µg (1.13%)