



Jerk-Spiced Shrimp



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon garlic powder
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.5 teaspoon ground pepper red
- ☐ 0.3 teaspoon ground thyme
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon paprika
- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds shrimp deveined peeled

☐ 1 tablespoon sugar

Equipment

☐ bowl

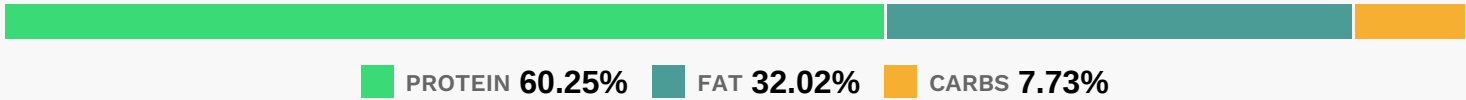
☐ grill

☐ skewers

Directions

- ☐ Prepare grill to medium-high heat.
- ☐ Combine first 7 ingredients.
- ☐ Combine oil and shrimp in a large bowl; toss well to coat.
- ☐ Sprinkle spice mixture over shrimp; toss to coat. Thread shrimp evenly onto 8 (8-inch) skewers.
- ☐ Place skewers on a grill rack coated with cooking spray; grill 6 minutes or until done, turning once.
- ☐ Combine 2 cups chopped fresh pineapple, 1/2 cup chopped cucumber, 1/2 cup vertically sliced red onion, 2 tablespoons chopped fresh cilantro, and 2 teaspoons cider vinegar.

Nutrition Facts



Properties

Glycemic Index:34.27, Glycemic Load:2.18, Inflammation Score:-6, Nutrition Score:8.1930435662684%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 225.32kcal (11.27%), Fat: 8.16g (12.55%), Saturated Fat: 1.19g (7.42%), Carbohydrates: 4.43g (1.48%), Net Carbohydrates: 3.68g (1.34%), Sugar: 3.21g (3.57%), Cholesterol: 273.86mg (91.29%), Sodium: 494.84mg (21.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.54g (69.08%), Phosphorus: 371.98mg (37.2%), Copper: 0.68mg (34.09%), Vitamin A: 968.68IU (19.37%), Magnesium: 63.55mg (15.89%), Zinc: 2.38mg (15.85%), Potassium:

499.82mg (14.28%), Calcium: 115.41mg (11.54%), Vitamin E: 1.6mg (10.66%), Iron: 1.42mg (7.89%), Vitamin K: 6.89μg (6.56%), Manganese: 0.1mg (5.01%), Fiber: 0.75g (3%), Vitamin B6: 0.05mg (2.51%), Vitamin B2: 0.03mg (1.48%), Vitamin B3: 0.21mg (1.03%)