



Margarita Shrimp and Vegetable Kabobs

 Gluten Free  Dairy Free  Low Fod Map

READY IN



148 min.

SERVINGS



28

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup juice of lime
- 0.5 cup oil
- 1 env. seasons dressing mix italian good
- 1 lb shrimp cleaned
- 2 cups cut-up vegetables assorted (bell peppers, onions, zucchini and mushrooms)
- 0.3 cup tequila
- 4 wooden skewers
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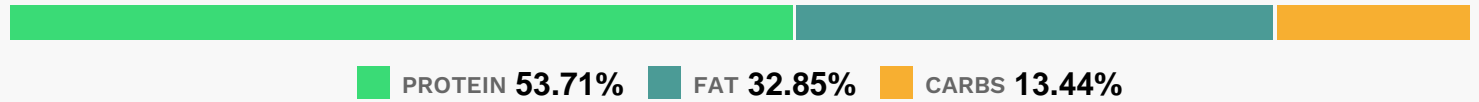
Equipment

- grill
- skewers

Directions

- Mix dressing mix, oil, tequila and lime juice until well blended.
- Pour over shrimp and vegetables in shallow dish; cover. Refrigerate 30 min. to 2 hours to marinate.
- Remove shrimp and vegetables from marinade; discard marinade.
- Preheat grill to medium-high heat. Arrange shrimp and vegetables on skewers.
- Grill kabobs 5 to 8 min. or until shrimp turn pink and vegetables are crisp-tender, turning after 4 min.

Nutrition Facts



Properties

Glycemic Index:1.68, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:2.0899999616263%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 29.2kcal (1.46%), Fat: 0.92g (1.41%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 0.84g (0.28%), Net Carbohydrates: 0.61g (0.22%), Sugar: 0.48g (0.54%), Cholesterol: 26.08mg (8.69%), Sodium: 22.45mg (0.98%), Alcohol: 0.72g (100%), Alcohol %: 2.58% (100%), Protein: 3.37g (6.74%), Vitamin C: 14.27mg (17.3%), Vitamin A: 334.31IU (6.69%), Phosphorus: 37.82mg (3.78%), Copper: 0.07mg (3.31%), Vitamin E: 0.31mg (2.09%), Potassium: 67.79mg (1.94%), Magnesium: 7.12mg (1.78%), Zinc: 0.25mg (1.64%), Vitamin B6: 0.03mg (1.59%), Folate: 5.11µg (1.28%), Calcium: 11.42mg (1.14%), Vitamin K: 1.1µg (1.05%)