



Marinated Shrimp, Pineapple and Portuguese Sausage Kabobs



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



260 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bunch cilantro leaves chopped
- ☐ 0.5 teaspoon sea salt
- ☐ 1 cup grape tomatoes (optional)
- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon habanero hot sauce
- ☐ 0.5 cup juice of lemon fresh
- ☐ 1 cup mango chutney

- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon paprika
- ☐ 1 tablespoon lilikoi syrup
- ☐ 1 tablespoon wasabi prepared

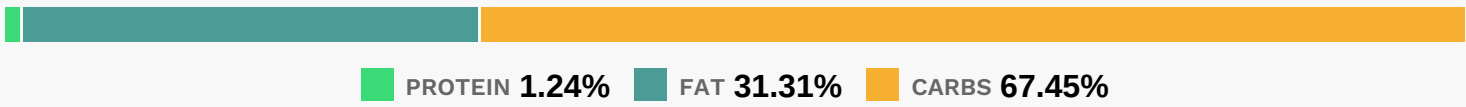
Equipment

- ☐ bowl
- ☐ grill
- ☐ metal skewers

Directions

- ☐ Heat the grill to medium-high heat.
- ☐ Mix lemon juice, wasabi, olive oil, cilantro, lilikoi, hot sauce, cumin, salt and paprika together in a small bowl.
- ☐ Add the shrimp, tossing to coat well. Cover and refrigerate 20 minutes.
- ☐ Remove the shrimp from the marinade; reserve marinade. Loosely thread shrimp, pineapple slices, and portuguese sausage slices alternately on each of 6 (15-inch) metal skewers.
- ☐ Place the kabobs on the heated grate and brush with reserved marinade; grill on 1 side about 3 minutes. Turn them over brushing them with more marinade, cover grill and cook an additional 1 or 2 minutes until the shrimp are pink and barely cooked through.
- ☐ Serve warm with tomatoes (if using) and mango chutney.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:21.4, Inflammation Score:-4, Nutrition Score:4.3526087040487%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin:

0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 260.2kcal (13.01%), Fat: 9.26g (14.25%), Saturated Fat: 1.27g (7.95%), Carbohydrates: 44.91g (14.97%), Net Carbohydrates: 43.59g (15.85%), Sugar: 30.8g (34.22%), Cholesterol: 0mg (0%), Sodium: 275.01mg (11.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.65%), Vitamin C: 19.31mg (23.41%), Vitamin K: 11.72µg (11.16%), Vitamin E: 1.62mg (10.83%), Vitamin A: 388.76IU (7.78%), Fiber: 1.31g (5.26%), Potassium: 157.59mg (4.5%), Copper: 0.09mg (4.31%), Manganese: 0.08mg (4.21%), Iron: 0.73mg (4.05%), Folate: 15.55µg (3.89%), Vitamin B2: 0.06mg (3.57%), Vitamin B6: 0.06mg (2.89%), Calcium: 25.33mg (2.53%), Magnesium: 9.92mg (2.48%), Phosphorus: 23.42mg (2.34%), Vitamin B1: 0.03mg (2.05%), Selenium: 1.19µg (1.71%), Vitamin B3: 0.26mg (1.29%), Zinc: 0.16mg (1.06%)