



Meal on a Stick - Shrimp Kabobs



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



252 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon ground pepper black
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 large onion cut into large chunks
- ☐ 2 potatoes red
- ☐ 1 teaspoon salt
- ☐ 16 large shrimp deveined peeled
- ☐ 1 large tomatoes cut into large chunks
- ☐ 24 inch skewers

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Equipment

☐ pot

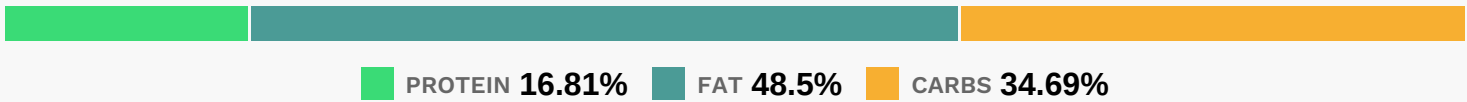
☐ grill

☐ skewers

Directions

- ☐ Preheat grill for medium heat and lightly oil the grate.
- ☐ Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until nearly tender, about 10 minutes.
- ☐ Drain and cut in quarters.
- ☐ Thread 4 shrimp onto skewers, piercing each shrimp near the head and tail, alternating with potato, onion, and tomato chunks; repeat with remaining skewers. Arrange skewers on a platter and coat with olive oil. Season with salt and black pepper.
- ☐ Cook skewers on preheated grill until shrimp are bright pink on the outside and the meat is no longer transparent in the center, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:1.3, Inflammation Score:-6, Nutrition Score:9.6291304515756%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.57mg, Quercetin: 8.57mg, Quercetin: 8.57mg, Quercetin: 8.57mg

Nutrients (% of daily need)

Calories: 252.34kcal (12.62%), Fat: 14g (21.54%), Saturated Fat: 1.98g (12.35%), Carbohydrates: 22.53g (7.51%), Net Carbohydrates: 19.41g (7.06%), Sugar: 4.16g (4.63%), Cholesterol: 64.4mg (21.47%), Sodium: 652.28mg (28.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.92g (21.84%), Vitamin C: 18.17mg (22.02%), Potassium: 759.66mg (21.7%), Copper: 0.35mg (17.38%), Phosphorus: 173.15mg (17.32%), Manganese: 0.33mg (16.44%), Vitamin K: 15.78µg (15.03%), Vitamin E: 2.21mg (14.75%), Vitamin B6: 0.26mg (13.2%), Fiber: 3.12g (12.48%), Magnesium: 47.06mg (11.76%), Folate: 33.21µg (8.3%), Vitamin B1: 0.12mg (8.06%), Vitamin A: 389.95IU (7.8%), Vitamin B3: 1.54mg (7.72%), Iron: 1.32mg (7.31%), Zinc: 1.04mg (6.91%), Calcium: 52.13mg (5.21%), Vitamin B5: 0.39mg (3.91%), Vitamin B2: 0.05mg (3.1%), Selenium: 0.75µg (1.07%)