



WHATSheATE



Mixed Grill Kebabs with Guava BBQ Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 servings barbecue sauce



4 servings pepper black freshly ground



1 pint cherry tomatoes



1 pound fish fillet boneless cut into bite-size pieces



4 servings olive oil



1 and orange peppers cut into pieces



1 onion red cut into wedges



4 servings salt

- ☐ 1 pound shrimp deveined peeled
- ☐ 1 bell pepper yellow cut into pieces

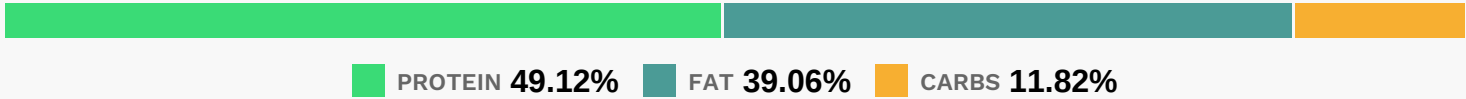
Equipment

- ☐ grill
- ☐ skewers

Directions

- ☐ Prepare Guava BBQ Sauce.
- ☐ Thread fish, shrimp, and vegetables on skewers.
- ☐ Brush with olive oil; sprinkle with salt and pepper. Grill over medium-high heat (350 to 40
- ☐ minutes. Turn skewers over, and brush with 1/4 cup sauce. Cook 5 minutes or until fish flakes with a fork.
- ☐ Serve skewers with sauce on the side.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.95, Inflammation Score:-9, Nutrition Score:25.47347810994%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.79mg, Quercetin: 6.79mg, Quercetin: 6.79mg, Quercetin: 6.79mg

Nutrients (% of daily need)

Calories: 379.04kcal (18.95%), Fat: 16.83g (25.88%), Saturated Fat: 2.77g (17.3%), Carbohydrates: 11.46g (3.82%), Net Carbohydrates: 9.24g (3.36%), Sugar: 5.69g (6.33%), Cholesterol: 239.27mg (79.76%), Sodium: 414.2mg (18.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.6g (95.2%), Vitamin C: 121.68mg (147.49%), Selenium: 48.27µg (68.95%), Phosphorus: 491.78mg (49.18%), Copper: 0.67mg (33.35%), Vitamin A: 1572.77IU (31.46%), Potassium: 1069.54mg (30.56%), Vitamin B12: 1.79µg (29.86%), Vitamin B3: 5.65mg (28.25%), Vitamin E:

3.62mg (24.11%), Vitamin D: 3.52µg (23.44%), Magnesium: 91.15mg (22.79%), Vitamin B6: 0.45mg (22.39%), Folate: 69.28µg (17.32%), Manganese: 0.32mg (16.09%), Zinc: 2.23mg (14.9%), Vitamin K: 15.08µg (14.36%), Iron: 2.45mg (13.6%), Calcium: 109.64mg (10.96%), Fiber: 2.22g (8.89%), Vitamin B5: 0.89mg (8.86%), Vitamin B1: 0.13mg (8.43%), Vitamin B2: 0.14mg (8.14%)