



## New Orleans-Style Barbecued Shrimp with Cane-Syrup Glaze



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 bay leaves
- ☐ 0.5 teaspoon pepper black
- ☐ 2 teaspoons thyme leaves dried
- ☐ 6 garlic cloves minced
- ☐ 0.5 cup golden cane syrup (such as Lyle's Golden Syrup)
- ☐ 0.5 cup green onions sliced
- ☐ 1 teaspoons ground pepper red

- ☐ 1 tablespoon hot sauce
- ☐ 2 teaspoons oregano dried
- ☐ 2 teaspoons paprika
- ☐ 0.5 teaspoon salt
- ☐ 3 pounds shrimp deveined peeled
- ☐ 2 tablespoons stick margarine
- ☐ 1 cup water
- ☐ 1 tablespoon worcestershire sauce

## Equipment

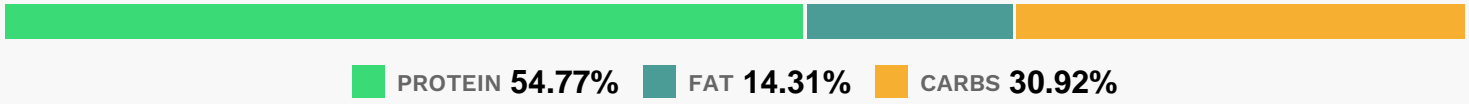
- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ grill
- ☐ skewers

## Directions

- ☐ Peel shrimp, reserving shells; cover and chill shrimp.
- ☐ Combine reserved shrimp shells and water in a medium saucepan. Bring to a boil; reduce heat, and simmer 10 minutes, stirring occasionally. Strain broth through a sieve into a large bowl; discard shells.
- ☐ Combine reserved broth, onions, and next 12 ingredients (onions through bay leaves) in a large saucepan. Bring to a boil; reduce heat, and simmer 10 minutes. Cool to room temperature.
- ☐ Combine shrimp and syrup mixture in a dish; cover and marinate in refrigerator 1 hour.
- ☐ Prepare grill.
- ☐ Remove shrimp from dish, reserving marinade.
- ☐ Place reserved marinade in a small saucepan; bring to a boil. Cook 1 minute; remove from heat.
- ☐ Thread 6 shrimp onto each of 8 (12-inch) skewers.

- ☐
- Place kebabs on a grill rack coated with cooking spray, and grill for 6 minutes, turning once.
- ☐
- Serve with reserved marinade, if desired.
- ☐
- Note: Dark cane syrup (such as Steen's) may be substituted for golden cane syrup.

## Nutrition Facts



## Properties

Glycemic Index:26.13, Glycemic Load:11, Inflammation Score:-7, Nutrition Score:8.8752174181459%

## Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

## Nutrients (% of daily need)

Calories: 251.14kcal (12.56%), Fat: 4.03g (6.19%), Saturated Fat: 0.83g (5.19%), Carbohydrates: 19.57g (6.52%), Net Carbohydrates: 18.77g (6.83%), Sugar: 17.39g (19.32%), Cholesterol: 273.86mg (91.29%), Sodium: 456.76mg (19.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.67g (69.34%), Phosphorus: 375.84mg (37.58%), Copper: 0.7mg (34.91%), Vitamin K: 21.24µg (20.23%), Magnesium: 65.53mg (16.38%), Zinc: 2.4mg (15.99%), Potassium: 522.82mg (14.94%), Calcium: 136.91mg (13.69%), Vitamin A: 569.59IU (11.39%), Iron: 1.78mg (9.88%), Manganese: 0.18mg (9.02%), Vitamin C: 3.72mg (4.51%), Vitamin E: 0.49mg (3.24%), Fiber: 0.8g (3.2%), Vitamin B6: 0.06mg (2.94%), Folate: 6.82µg (1.7%), Vitamin B2: 0.03mg (1.49%), Vitamin B1: 0.02mg (1.01%)