



Pineapple & BBQ Shrimp Kabobs

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



20

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup spicy honey barbecue sauce kraft
- 1 onion cut into 6 wedges
- 6 pepper pieces green (1-)
- 6 pineapple chunks fresh (1-)
- 0.3 lb shrimp deveined uncooked peeled

Equipment

- grill
- skewers

Directions

- Heat grill to medium-high heat.
- Thread half each of the shrimp, pineapple and vegetables alternately on 2 parallel skewers. Repeat with remaining ingredients and additional skewers to form 2 kabobs.
- Grill 4 to 6 min. or until shrimp turn pink, turning and brushing occasionally with barbecue sauce.

Nutrition Facts

PROTEIN 28.07% **FAT 4.84%** **CARBS 67.09%**

Properties

Glycemic Index:1.85, Glycemic Load:0.22, Inflammation Score:-3, Nutrition Score:3.0099999937026%

Flavonoids

Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 20.49kcal (1.02%), Fat: 0.12g (0.18%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 3.68g (1.23%), Net Carbohydrates: 2.94g (1.07%), Sugar: 2.32g (2.58%), Cholesterol: 9.13mg (3.04%), Sodium: 44.86mg (1.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.08%), Vitamin C: 29.16mg (35.34%), Vitamin B6: 0.09mg (4.47%), Fiber: 0.74g (2.95%), Manganese: 0.06mg (2.85%), Vitamin A: 140.36IU (2.81%), Potassium: 94.14mg (2.69%), Vitamin K: 2.73µg (2.6%), Copper: 0.05mg (2.54%), Phosphorus: 21.6mg (2.16%), Magnesium: 6.61mg (1.65%), Vitamin B1: 0.02mg (1.6%), Folate: 4.7µg (1.18%), Vitamin E: 0.16mg (1.08%), Iron: 0.19mg (1.03%)