



Pineapple-Shrimp Skewers

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

READY IN



20 min.

SERVINGS



20

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 tsp brown sugar
- 1 tsp chili powder
- 0.5 tsp pepper red crushed
- 0.3 cup cilantro leaves fresh chopped
- 2 clove garlic minced
- 6 Tbsp 6 tbsp. kraft lite zesty italian dressing italian kraft
- 12 pineapple chunks fresh (1 inch)
- 0.5 lb shrimp deveined uncooked peeled

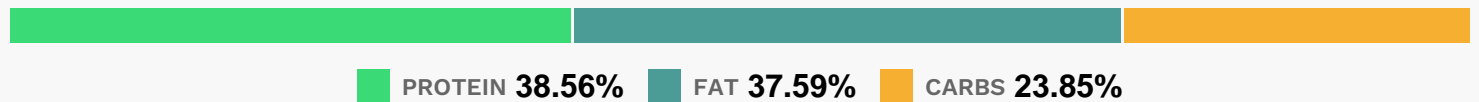
Equipment

- bowl
- broiler
- skewers

Directions

- Heat broiler.
- Mix first 6 ingredients in medium bowl until blended.
- Add shrimp and pineapple; toss to evenly coat.
- Thread 2 shrimp and 1 pineapple chunk onto each of 12 skewers.
- Broil, 6 inches from heat, 4 to 5 min. or until shrimp turn pink.

Nutrition Facts



Properties

Glycemic Index:3.1, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.81086956158928%

Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 24.03kcal (1.2%), Fat: 1.02g (1.57%), Saturated Fat: 0.15g (0.92%), Carbohydrates: 1.45g (0.48%), Net Carbohydrates: 1.37g (0.5%), Sugar: 1.2g (1.33%), Cholesterol: 18.26mg (6.09%), Sodium: 60.65mg (2.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.7%), Vitamin K: 3.29µg (3.14%), Phosphorus: 26.11mg (2.61%), Copper: 0.05mg (2.47%), Vitamin A: 70.26IU (1.41%), Magnesium: 4.74mg (1.18%), Potassium: 41.09mg (1.17%), Vitamin E: 0.17mg (1.15%), Zinc: 0.17mg (1.12%)