



Saucy BBQ Seafood Skewers with Not-So Secret BBQ Sauce



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons apple cider vinegar
- ☐ 2 teaspoons brown sugar packed not
- ☐ 0.3 cup tomato sauce canned
- ☐ 8 cherry tomatoes
- ☐ 0.5 teaspoon garlic powder
- ☐ 2 tablespoons catsup
- ☐ 4 ounces shrimp raw deveined peeled tails removed

- ☐ 4 ounces atlantic salmon raw
- ☐ 6 ounces sea scallops raw
- ☐ 1 zucchini

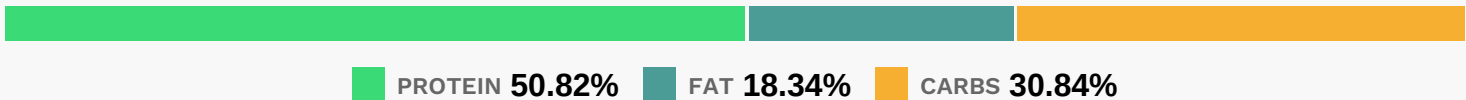
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers
- ☐ grill pan
- ☐ wooden skewers

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: Wooden skewers soaked in water for 30 minutes to prevent burning.
- ☐ Combine the tomato sauce, ketchup, brown sugar, garlic powder, and apple cider vinegar in a small bowl. Set aside.
- ☐ Cut scallops into halves or quarters, so that they are just slightly larger than the shrimp.
- ☐ Cut salmon and zucchini into chunks approximately the same size as the scallops.
- ☐ Place all the vegetables and seafood onto 4 skewers, alternating their order.
- ☐ Bring a grill or grill pan sprayed with nonstick spray to medium heat.
- ☐ Add skewers and cook until seafood begins to turn opaque on top, about 5 minutes.
- ☐ Flip skewers and cook until all seafood is cooked through, 4 to 5 minutes.
- ☐ Drizzle or brush sauce over skewers immediately after removing them from heat.

Nutrition Facts



Properties

Glycemic Index:52.5, Glycemic Load:0.88, Inflammation Score:-7, Nutrition Score:24.36695647758%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 249.59kcal (12.48%), Fat: 5.08g (7.82%), Saturated Fat: 0.84g (5.25%), Carbohydrates: 19.25g (6.42%), Net Carbohydrates: 17.22g (6.26%), Sugar: 12.35g (13.72%), Cholesterol: 123.04mg (41.01%), Sodium: 977.61mg (42.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.71g (63.41%), Selenium: 49.42µg (70.6%), Phosphorus: 607.92mg (60.79%), Vitamin B12: 3.63µg (60.53%), Vitamin B6: 0.9mg (44.92%), Vitamin C: 35.81mg (43.41%), Vitamin B3: 7.39mg (36.97%), Potassium: 1071.29mg (30.61%), Vitamin B2: 0.39mg (22.92%), Copper: 0.42mg (21.08%), Magnesium: 79.12mg (19.78%), Folate: 75.41µg (18.85%), Manganese: 0.35mg (17.74%), Vitamin A: 865.37IU (17.31%), Vitamin B5: 1.7mg (17.02%), Vitamin B1: 0.23mg (15.09%), Zinc: 2.21mg (14.76%), Vitamin E: 1.91mg (12.75%), Iron: 2.15mg (11.93%), Fiber: 2.03g (8.11%), Calcium: 76.48mg (7.65%), Vitamin K: 7.6µg (7.24%)