

Seafood Kebabs



Gluten Free



Dairy Free

READY IN



24 min.

SERVINGS



6

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 0.5 bell pepper green red cut into pieces
- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon chipotles in adobo minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup orange juice fresh
- ☐ 0.3 teaspoon salt

- ☐ 12 large scallops
- ☐ 12 large shrimp with tails intact deveined peeled
- ☐ 12 ounces andouille smoked sliced into pieces
- ☐ 12 ounces snapper cut into pieces
- ☐ 12 frangelico
- ☐ 12 frangelico

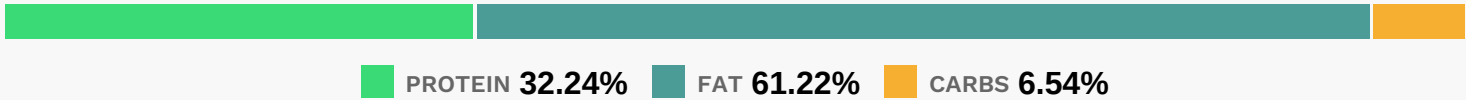
Equipment

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

Directions

- ☐ Soak wooden skewers in water 30 minutes.
- ☐ Combine orange juice and next 6 ingredients in a bowl; set aside.
- ☐ Thread seafood, sausage, and bell peppers on skewers; place in a shallow roasting pan.
- ☐ Pour half of the orange juice mixture over the skewers, and chill 30 minutes.
- ☐ Preheat grill to medium-high heat (350 to 400). Grill kebabs, turning and basting with remaining orange juice mixture, 12 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:26.83, Glycemic Load:1.25, Inflammation Score:-5, Nutrition Score:16.939130482466%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 379.64kcal (18.98%), Fat: 25.33g (38.96%), Saturated Fat: 6.74g (42.1%), Carbohydrates: 6.09g (2.03%), Net Carbohydrates: 5.72g (2.08%), Sugar: 2.23g (2.48%), Cholesterol: 107.83mg (35.94%), Sodium: 874.33mg (38.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.01g (60.02%), Vitamin B12: 3.4µg (56.72%), Selenium: 36.82µg (52.59%), Vitamin D: 6.41µg (42.71%), Phosphorus: 423.59mg (42.36%), Vitamin C: 23.95mg (29.03%), Vitamin B6: 0.41mg (20.25%), Potassium: 589.5mg (16.84%), Zinc: 2.26mg (15.07%), Vitamin B1: 0.2mg (13.52%), Vitamin E: 2.01mg (13.41%), Vitamin B3: 2.6mg (13%), Magnesium: 49.62mg (12.4%), Vitamin B5: 0.88mg (8.76%), Vitamin A: 416.34IU (8.33%), Copper: 0.16mg (7.79%), Vitamin B2: 0.12mg (7.2%), Iron: 1.28mg (7.14%), Folate: 25.5µg (6.37%), Vitamin K: 6.13µg (5.83%), Manganese: 0.09mg (4.4%), Calcium: 43.9mg (4.39%), Fiber: 0.37g (1.49%)