



Shore Region Shrimp Kabobs

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

READY IN



20 min.

SERVINGS



20

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup spicy honey barbecue sauce kraft
- 2 pasilla peppers green cut into 1-inch pieces
- 3 cups pineapple chunks fresh (1 inch)
- 2 onions red cut into 8 wedges
- 0.8 lb shrimp with tails left on, deveined uncooked peeled

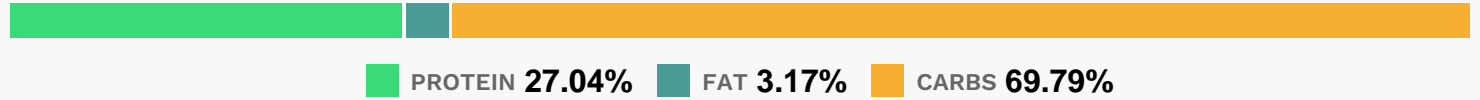
Equipment

- grill
- skewers

Directions

- Heat greased grill to medium-high heat.
- Thread shrimp, vegetables and pineapple alternately onto 8 skewers.
- Grill 5 to 10 min. or until shrimp turn pink, turning occasionally and brushing with barbecue sauce for the last 2 min.

Nutrition Facts



Properties

Glycemic Index:1.85, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:2.673043501118%

Flavonoids

Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 54.83kcal (2.74%), Fat: 0.2g (0.31%), Saturated Fat: 0.03g (0.22%), Carbohydrates: 10.02g (3.34%), Net Carbohydrates: 9.1g (3.31%), Sugar: 8.19g (9.1%), Cholesterol: 27.39mg (9.13%), Sodium: 95.04mg (4.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.76%), Vitamin C: 13.76mg (16.68%), Copper: 0.12mg (6.09%), Phosphorus: 45.88mg (4.59%), Potassium: 142.38mg (4.07%), Fiber: 0.92g (3.66%), Magnesium: 14.5mg (3.62%), Vitamin B6: 0.07mg (3.59%), Vitamin B1: 0.05mg (3.31%), Calcium: 22.64mg (2.26%), Manganese: 0.04mg (2.17%), Zinc: 0.31mg (2.06%), Iron: 0.3mg (1.65%), Vitamin A: 78.01IU (1.56%), Folate: 5.2µg (1.3%), Vitamin K: 1.3µg (1.24%), Vitamin B3: 0.21mg (1.07%), Vitamin B2: 0.02mg (1.04%)