



Shrimp-and-Andouille Brochettes

 Gluten Free  Dairy Free

READY IN



18 min.

SERVINGS



6

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounce andouille sausage
- 1 pint cherry tomatoes
- 1 teaspoon dijon mustard
- 2 garlic clove minced
- 1 teaspoon herbs de provence
- 6 servings romaine leaves
- 3 tablespoons olive oil
- 0.3 teaspoon pepper black

- 2 onion red peeled quartered
- 0.3 teaspoon salt
- 1.5 pounds shrimp with tails deveined peeled
- 2 tablespoons citrus champagne vinegar
- 12 inch frangelico
- 12 inch frangelico

Equipment

- whisk
- baking pan
- roasting pan
- grill
- skewers

Directions

- Soak skewers in water 30 minutes. Preheat grill to medium-high heat (350 to 400).
- Whisk together oil and next 6 ingredients; reserve 2 tablespoons. Thread shrimp, sausage, onions, and cherry tomatoes evenly onto skewers.
- Place in a large baking dish or roasting pan, and brush with marinade.
- Grill skewers 4 to 5 minutes on each side or until sausage is browned and shrimp are done.
- Serve over lettuce leaves; drizzle with reserved 2 tablespoons marinade.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:0.86, Inflammation Score:-9, Nutrition Score:16.047391248786%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg

Nutrients (% of daily need)

Calories: 378.62kcal (18.93%), Fat: 23.17g (35.65%), Saturated Fat: 6.12g (38.27%), Carbohydrates: 8.66g (2.89%), Net Carbohydrates: 7.11g (2.58%), Sugar: 4.4g (4.89%), Cholesterol: 231.33mg (77.11%), Sodium: 720.22mg (31.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.8g (69.6%), Vitamin A: 2194.05IU (43.88%), Phosphorus: 370.13mg (37.01%), Vitamin C: 25.44mg (30.83%), Copper: 0.56mg (28.19%), Potassium: 775.06mg (22.14%), Zinc: 3.16mg (21.06%), Vitamin B3: 4.05mg (20.24%), Selenium: 12.9µg (18.42%), Magnesium: 64.01mg (16%), Vitamin B1: 0.22mg (14.6%), Manganese: 0.29mg (14.44%), Vitamin E: 2.06mg (13.71%), Iron: 2.41mg (13.37%), Vitamin B6: 0.25mg (12.75%), Calcium: 109.71mg (10.97%), Vitamin B12: 0.56µg (9.26%), Vitamin K: 9.59µg (9.14%), Vitamin B2: 0.15mg (9.03%), Folate: 27.47µg (6.87%), Fiber: 1.55g (6.22%), Vitamin B5: 0.57mg (5.67%), Vitamin D: 0.79µg (5.29%)