



Shrimp and Mango Skewers with Guava-Lime Glaze



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



226 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 2 garlic clove minced
- ☐ 6 servings lime
- ☐ 2 mangos firm pitted ripe peeled cut into 12 wedges
- ☐ 3 tablespoons olive oil
- ☐ 2 bell pepper red cut into 12 pieces
- ☐ 1 teaspoon pepper dried red crushed

☐

2 pounds shrimp deveined uncooked peeled

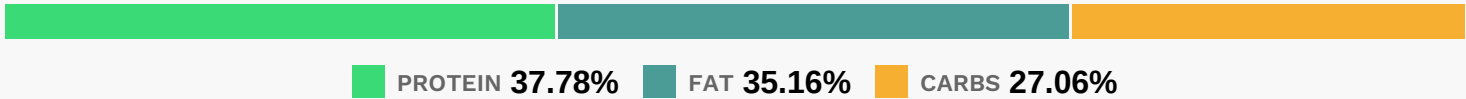
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ Prepare barbecue (medium-high heat).
- ☐ Mix first 4 ingredients in large bowl.
- ☐ Add shrimp, bell peppers and mangoes; toss to coat. Alternate bell pepper, mango and 3 colossal shrimp on each of 6 skewers, or alternate bell pepper, mango and 3 jumbo shrimp on each of 12 skewers. (Can be prepared 4 hours ahead. Cover and chill.)
- ☐ Grill shrimp until cooked through, brushing with glaze during last 2 minutes, cooking colossal shrimp about 4 minutes per side and jumbo shrimp about 3 minutes per side.

Nutrition Facts



Properties

Glycemic Index:26.79, Glycemic Load:5.58, Inflammation Score:-9, Nutrition Score:20.707391479741%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 226.41kcal (11.32%), Fat: 8.98g (13.82%), Saturated Fat: 1.24g (7.75%), Carbohydrates: 15.56g (5.19%), Net Carbohydrates: 13.26g (4.82%), Sugar: 11.29g (12.55%), Cholesterol: 190.51mg (63.5%), Sodium: 864.12mg (37.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.72g (43.43%), Vitamin C: 78.3mg (94.91%), Selenium: 45.45µg (64.93%), Vitamin A: 2363.12IU (47.26%), Phosphorus: 393.08mg (39.31%), Vitamin E: 4.4mg (29.32%), Vitamin B12: 1.68µg (27.97%), Vitamin B6: 0.47mg (23.26%), Folate: 77.46µg (19.36%), Copper: 0.37mg (18.6%), Vitamin B3: 3.61mg (18.03%), Magnesium: 46.59mg (11.65%), Potassium: 393.03mg (11.23%), Zinc: 1.67mg (11.1%), Calcium: 97.49mg (9.75%), Vitamin K: 9.92µg (9.45%), Fiber: 2.29g (9.17%), Manganese: 0.16mg (7.87%), Vitamin B5: 0.76mg (7.57%), Vitamin B2: 0.09mg (5.21%), Vitamin B1: 0.08mg (5.08%), Iron: 0.76mg (4.23%), Vitamin D: 0.15µg (1.01%)