



Shrimp Kebabs with Jalapeño-Lime Marinade

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



226 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 garlic cloves minced
- 4 teaspoons ground cumin
- 0.5 cup honey
- 4 jalapeños seeded chopped
- 0.5 cup juice of lime fresh
- 2 teaspoons lime rind grated
- 1 cup orange juice concentrate undiluted thawed
- 4 bell peppers red cut into 1-inch cubes

- 0.5 teaspoon salt
- 4 pounds shrimp deveined peeled

Equipment

- grill
- broiler
- ziploc bags
- skewers
- broiler pan

Directions

- Combine first 9 ingredients in a large zip-top plastic bag; seal and marinate in refrigerator 30 minutes.
- Remove shrimp from bag, reserving marinade. Thread the shrimp, bell pepper cubes, and lime wedges (if desired) onto 12 skewers.
- Prepare grill or broiler.
- Place skewers on grill rack or broiler pan coated with cooking spray; cook 4 minutes on each side or until shrimp are done, basting frequently with the marinade.
- Note: You can substitute 3 pounds of skinned, boned chicken breast or pork tenderloin, cut into 1 inch cubes for the shrimp if preferred.

Nutrition Facts



Properties

Glycemic Index:15.27, Glycemic Load:6.78, Inflammation Score:-8, Nutrition Score:14.44913062842%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

0.02mg, Myricetin: 0.02mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 225.51kcal (11.28%), Fat: 1.13g (1.74%), Saturated Fat: 0.21g (1.29%), Carbohydrates: 24.34g (8.11%), Net Carbohydrates: 22.96g (8.35%), Sugar: 20.69g (22.99%), Cholesterol: 243.43mg (81.14%), Sodium: 282.35mg (12.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.69g (63.39%), Vitamin C: 94.34mg (114.35%), Phosphorus: 357.18mg (35.72%), Copper: 0.63mg (31.62%), Vitamin A: 1395.78IU (27.92%), Potassium: 680.73mg (19.45%), Magnesium: 70.59mg (17.65%), Zinc: 2.26mg (15.06%), Calcium: 120.45mg (12.04%), Vitamin B6: 0.23mg (11.27%), Folate: 39.16µg (9.79%), Iron: 1.59mg (8.81%), Manganese: 0.17mg (8.55%), Vitamin B1: 0.1mg (6.55%), Vitamin E: 0.98mg (6.55%), Fiber: 1.38g (5.52%), Vitamin B2: 0.09mg (5.25%), Vitamin B3: 0.78mg (3.9%), Vitamin B5: 0.3mg (3.05%), Vitamin K: 3.03µg (2.88%)