



## Shrimp, Melon and Pineapple Kabobs

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

READY IN



**50 min.**

SERVINGS



**16**

CALORIES



**95 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 inch bamboo skewers
- 3 tablespoons honey
- 4 teaspoons teriyaki sauce
- 1 teaspoon juice of lemon
- 1 lb shrimp deveined uncooked peeled
- 16 cubes cantaloupe (1-inch)
- 16 cubes wedges honeydew melon (1-inch)
- 16 pieces pineapple fresh (1-inch)

1 slices pineapple

## Equipment

bowl

oven

skewers

broiler pan

wooden skewers

## Directions

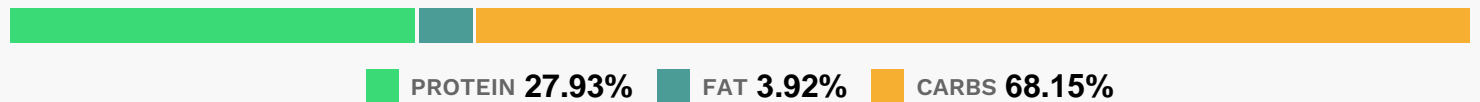
Soak skewers in water at least 30 minutes before using to prevent burning. Meanwhile in small bowl, mix sauce ingredients; set aside. Alternately thread shrimp, melon and pineapple pieces onto 16 wooden skewers.

Set oven control to broil.

Place kabobs on broiler pan with tops 4 to 6 inches from heat.

Brush kabobs with sauce; broil 8 to 10 minutes or until shrimp turn pink, turning once and brushing frequently with sauce. To serve, stick kabobs into fresh pineapple slices, if desired.

## Nutrition Facts



## Properties

Glycemic Index:16.82, Glycemic Load:10.08, Inflammation Score:-10, Nutrition Score:9.8913043245025%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 95.3kcal (4.76%), Fat: 0.45g (0.69%), Saturated Fat: 0.11g (0.7%), Carbohydrates: 17.45g (5.82%), Net Carbohydrates: 16.06g (5.84%), Sugar: 16.74g (18.6%), Cholesterol: 45.64mg (15.21%), Sodium: 129.4mg (5.63%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.15g (14.3%), Vitamin A: 5415.47IU (108.31%), Vitamin C: 20.76mg (25.16%), Copper: 0.26mg (12.89%), Potassium: 341.04mg (9.74%), Phosphorus: 90.8mg (9.08%), Magnesium: 32.46mg (8.11%), Zinc: 1.11mg (7.39%), Manganese: 0.14mg (6.89%), Folate: 23.98µg (6%), Vitamin B3: 1.17mg (5.84%), Vitamin B1: 0.08mg (5.63%), Fiber: 1.4g (5.6%), Iron: 0.82mg (4.53%), Vitamin K: 4.39µg (4.18%), Selenium: 2.78µg (3.98%), Vitamin B6: 0.08mg (3.77%), Calcium: 34.06mg (3.41%), Vitamin B2: 0.05mg (2.82%), Vitamin B5: 0.19mg (1.89%)