



Shrimp on Sugarcane with Rum Glaze

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 8 celery stalks cut into 3 pieces
- ☐ 0.3 cup plus
- ☐ 0.3 cup t brown sugar dark packed
- ☐ 0.3 cup rum dark
- ☐ 3 tablespoons dijon mustard
- ☐ 1 garlic clove minced

- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon vegetable oil
- ☐ 1 tablespoon vinegar white

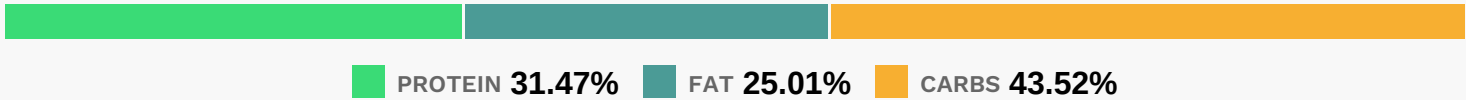
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill
- ☐ skewers

Directions

- ☐ Prepare grill to high heat.
- ☐ Combine first 5 ingredients in a large bowl.
- ☐ Add shrimp; toss to coat. Cover and chill 15 minutes.
- ☐ Cut swizzle sticks at a sharp angle. Thread 1 shrimp on each skewer.
- ☐ Combine brown sugar and next 8 ingredients (brown sugar through pepper) in a saucepan; bring to a boil. Reduce heat; simmer 5 minutes or until syrupy.
- ☐ Place shrimp on grill rack coated with cooking spray. Grill 3 minutes on each side or until done, basting generously with glaze.

Nutrition Facts



Properties

Glycemic Index:44.17, Glycemic Load:2.18, Inflammation Score:-3, Nutrition Score:9.3204348398292%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 222.93kcal (11.15%), Fat: 5.61g (8.63%), Saturated Fat: 1.7g (10.62%), Carbohydrates: 21.95g (7.32%), Net Carbohydrates: 21.46g (7.8%), Sugar: 20.05g (22.28%), Cholesterol: 147.9mg (49.3%), Sodium: 900.61mg (39.16%), Alcohol: 3.34g (100%), Alcohol %: 2.48% (100%), Protein: 15.87g (31.74%), Selenium: 36.46µg (52.09%), Phosphorus: 288.65mg (28.87%), Vitamin B12: 1.26µg (21.04%), Vitamin E: 1.78mg (11.89%), Copper: 0.22mg (11.19%), Vitamin B3: 2.1mg (10.48%), Vitamin B6: 0.2mg (10.17%), Zinc: 1.24mg (8.24%), Calcium: 80.62mg (8.06%), Magnesium: 30.65mg (7.66%), Vitamin K: 6.52µg (6.21%), Folate: 24.69µg (6.17%), Vitamin A: 292.59IU (5.85%), Manganese: 0.11mg (5.65%), Potassium: 172.48mg (4.93%), Vitamin B5: 0.41mg (4.1%), Vitamin B1: 0.05mg (3.25%), Iron: 0.47mg (2.59%), Fiber: 0.49g (1.96%), Vitamin B2: 0.03mg (1.61%), Vitamin C: 1.32mg (1.6%)