



Shrimp Sate with Pineapple Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



175 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon chili powder
- ☐ 1 tablespoon cider vinegar
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 1 teaspoon honey
- ☐ 1 tablespoon jalapeno minced seeded
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.8 cup pineapple finely chopped

- ☐ 0.3 cup onion red finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 4 servings sate
- ☐ 4 servings sate

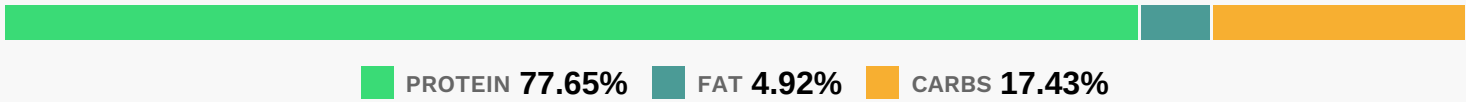
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ Prepare grill.
- ☐ To prepare salsa, combine first 6 ingredients in a medium bowl.
- ☐ To prepare sat, combine mint, juice, salt, and chili powder in a large bowl; add shrimp, tossing gently to coat. Thread 3 shrimp onto each of 8 (6-inch) skewers.
- ☐ Place shrimp on grill rack coated with cooking spray; grill 1 1/2 minutes on each side or until shrimp turn pink.
- ☐ Serve with salsa.
- ☐ Garnish with cilantro sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:60.48, Glycemic Load:3.14, Inflammation Score:-3, Nutrition Score:9.244782725754%

Flavonoids

Eriodictyol: 0.94mg, Eriodictyol: 0.94mg, Eriodictyol: 0.94mg, Eriodictyol: 0.94mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 175.25kcal (8.76%), Fat: 0.98g (1.5%), Saturated Fat: 0.19g (1.2%), Carbohydrates: 7.78g (2.59%), Net Carbohydrates: 6.79g (2.47%), Sugar: 5.21g (5.79%), Cholesterol: 273.86mg (91.29%), Sodium: 351.86mg (15.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.65g (69.3%), Phosphorus: 374.03mg (37.4%), Copper: 0.72mg (35.88%), Vitamin C: 23.06mg (27.95%), Manganese: 0.4mg (20.19%), Magnesium: 67.85mg (16.96%), Zinc: 2.38mg (15.89%), Potassium: 536.31mg (15.32%), Calcium: 123.7mg (12.37%), Iron: 1.18mg (6.54%), Vitamin A: 212.33IU (4.25%), Fiber: 0.99g (3.95%), Vitamin B6: 0.07mg (3.58%), Folate: 12.21µg (3.05%), Vitamin B1: 0.03mg (2.32%), Vitamin B2: 0.03mg (1.47%), Vitamin B3: 0.29mg (1.43%), Vitamin E: 0.21mg (1.39%), Vitamin K: 1.44µg (1.37%), Vitamin B5: 0.11mg (1.11%)