



Shrimp, Watermelon, and Halloumi Kabobs

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons cilantro leaves fresh
- 3 tablespoons mint leaves fresh
- 12 ounces halloumi cheese cut into 1 1/2-inch cubes*
- 2 lb shrimp raw unpeeled
- 6 servings cilantro-lime marinade
- 24 cubes watermelon (2-inch)
- 12 inch metal skewers
- 12 inch metal skewers

Equipment

- grill
- skewers
- metal skewers
- wooden skewers

Directions

- Peel shrimp, leaving tails on; devein, if desired.
- Soak wooden skewers in water 30 minutes. (Omit if using metal skewers.)
- Meanwhile, combine shrimp and 1/2 cup Cilantro-Lime Marinade in a large zip-top plastic freezer bag.
- Combine cheese and 1/3 cup Cilantro-Lime Marinade in another large zip-top plastic freezer bag. Seal bags, turning to coat; chill 30 minutes, turning occasionally.
- Preheat grill to 350 to 400 (medium-high) heat.
- Remove shrimp and cheese from marinades, discarding marinades. Thread shrimp, watermelon, and cheese alternately onto skewers, leaving a 1/8-inch space between pieces.
- Grill kabobs, covered with grill lid, 4 to 5 minutes on each side or just until shrimp turn pink.
- Sprinkle with cilantro and mint.
- Serve with remaining Cilantro-Lime Marinade.
- *Firm feta cheese may be substituted.

Nutrition Facts

 **PROTEIN 46.54%**  **FAT 48.91%**  **CARBS 4.55%**

Properties

Glycemic Index:23.11, Glycemic Load:0.39, Inflammation Score:-4, Nutrition Score:13.661304251007%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg,

Naringenin: 0.24mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 291.05kcal (14.55%), Fat: 15.52g (23.88%), Saturated Fat: 9.82g (61.38%), Carbohydrates: 3.25g (1.08%), Net Carbohydrates: 2.77g (1.01%), Sugar: 0.65g (0.72%), Cholesterol: 190.51mg (63.5%), Sodium: 1537.21mg (66.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.22g (66.45%), Calcium: 657.44mg (65.74%), Selenium: 44.8µg (64%), Phosphorus: 372.54mg (37.25%), Vitamin B12: 1.68µg (27.97%), Copper: 0.29mg (14.5%), Vitamin B3: 2.75mg (13.77%), Vitamin E: 2.02mg (13.45%), Vitamin B6: 0.25mg (12.59%), Zinc: 1.51mg (10.05%), Magnesium: 36.14mg (9.03%), Vitamin A: 418.11IU (8.36%), Folate: 32.38µg (8.1%), Potassium: 197.74mg (5.65%), Vitamin B5: 0.5mg (5.02%), Vitamin C: 3.21mg (3.89%), Manganese: 0.08mg (3.81%), Iron: 0.5mg (2.78%), Vitamin B1: 0.04mg (2.39%), Fiber: 0.47g (1.9%), Vitamin B2: 0.03mg (1.88%), Vitamin K: 1.12µg (1.07%), Vitamin D: 0.15µg (1.01%)