



Soy-Glazed Shrimp Kebabs



Gluten Free



Dairy Free

READY IN



52 min.

SERVINGS



30

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup apple juice
- ☐ 8 oz bacon
- ☐ 1 tablespoon apple cider vinegar
- ☐ 1 bell pepper red stemmed seeded cut into 1-inch pieces
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 8 ounces snow peas
- ☐ 0.3 cup soya sauce
- ☐ 2 tablespoons sugar

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ grill
- ☐ aluminum foil
- ☐ broiler
- ☐ skewers
- ☐ metal skewers

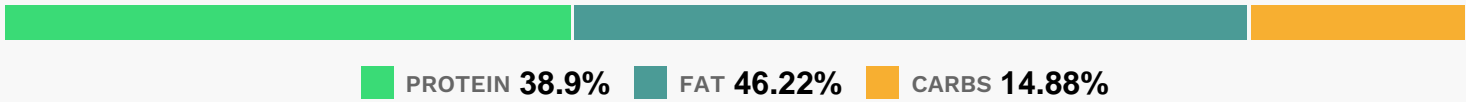
Directions

- ☐ Combine apple juice, soy sauce, vinegar and sugar in a small saucepan. Bring to a boil over high heat. Reduce heat to medium-low and simmer until thickened and syrupy, about 15 minutes.
- ☐ Remove from heat and cool to room temperature.
- ☐ While glaze is cooking, preheat oven to 400F. Line a rimmed baking sheet with foil and place a cooling rack on top.
- ☐ Lay bacon in one layer on top of cooling rack and roast for 15 minutes.
- ☐ Remove to a paper towel-lined plate to cool.
- ☐ Working with 4 slices of bacon at a time, stack them and cut into 8 one-inch squares. (You should end up with 24 stacks of 4 layers, or 3 stacks per skewer.)
- ☐ Preheat broiler or prepare a charcoal fire and let burn to a gray ash. Thread shrimp onto 8 long metal skewers, alternating with snow peas, peppers and stacks of bacon.
- ☐ Set broiling pan or grill about 6 inches from heat source.
- ☐ Brush each skewer with soy glaze and broil or grill, turning often, until shrimp is pink throughout and bacon is browned and sizzling, about 7 minutes.

☐

Serve warm.

Nutrition Facts



Properties

Glycemic Index:6.59, Glycemic Load:0.81, Inflammation Score:-2, Nutrition Score:2.6513043389372%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 61.26kcal (3.06%), Fat: 3.15g (4.85%), Saturated Fat: 1.03g (6.47%), Carbohydrates: 2.28g (0.76%), Net Carbohydrates: 1.98g (0.72%), Sugar: 1.7g (1.89%), Cholesterol: 41.5mg (13.83%), Sodium: 185.69mg (8.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.97g (11.94%), Vitamin C: 9.65mg (11.7%), Phosphorus: 67.3mg (6.73%), Copper: 0.1mg (5.09%), Vitamin A: 209.21IU (4.18%), Potassium: 106.99mg (3.06%), Magnesium: 12.14mg (3.04%), Zinc: 0.43mg (2.89%), Vitamin B1: 0.04mg (2.42%), Vitamin B6: 0.05mg (2.42%), Vitamin B3: 0.47mg (2.34%), Selenium: 1.6µg (2.29%), Manganese: 0.05mg (2.26%), Iron: 0.38mg (2.09%), Vitamin K: 2.08µg (1.99%), Calcium: 19.18mg (1.92%), Folate: 5.35µg (1.34%), Vitamin B5: 0.12mg (1.21%), Fiber: 0.3g (1.21%), Vitamin B2: 0.02mg (1.14%)