



## Spicy BBQ Shrimp

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 10 árbol chiles stemmed
- 0.5 cup original barbecue sauce kraft
- 4 slices oscar mayer baked ham cooked
- 2 Tbsp parmesan cheese grated kraft
- 1 lb shrimp deveined uncooked peeled

## Equipment

- blender
- grill

skewers

## Directions

Heat grill to medium-high heat.

Blend barbecue sauce and chiles in blender until smooth.

Cut each ham slice into 4 lengthwise strips. Thread shrimp alternately with ham onto 8 skewers.

Grill 5 to 7 min. or until shrimp turn pink, turning and brushing occasionally with barbecue sauce mixture.

Sprinkle with cheese.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.6626087177707%

## Nutrients (% of daily need)

Calories: 48.1kcal (2.4%), Fat: 1.25g (1.93%), Saturated Fat: 0.44g (2.75%), Carbohydrates: 3.15g (1.05%), Net Carbohydrates: 3.02g (1.1%), Sugar: 2.48g (2.75%), Cholesterol: 40.42mg (13.47%), Sodium: 176.08mg (7.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6g (12%), Phosphorus: 65.52mg (6.55%), Copper: 0.1mg (4.96%), Zinc: 0.47mg (3.13%), Potassium: 98.07mg (2.8%), Magnesium: 10.33mg (2.58%), Vitamin B1: 0.04mg (2.38%), Selenium: 1.55µg (2.21%), Calcium: 21.8mg (2.18%), Vitamin A: 86.56IU (1.73%), Vitamin B3: 0.31mg (1.57%), Vitamin B6: 0.03mg (1.45%), Iron: 0.23mg (1.28%), Vitamin B2: 0.02mg (1.24%)