



Spicy Glazed Shrimp and Vegetable Kabobs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon caribbean jerk seasoning
- ☐ 2 tablespoons honey
- ☐ 1.5 pounds jumbo-size shrimp raw with tails (16/20 count) peeled
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons olive oil
- ☐ 1 bell pepper red cut into 1 1/2-inch pieces
- ☐ 0.3 teaspoon salt
- ☐ 6 servings salt and pepper to taste

- ☐ 2 tablespoons spicy brown mustard
- ☐ 3 baby squash yellow cut into 1/4- to 1/2-inch slices
- ☐ 2 zucchini cut into 1/4- to 1/2-inch slices
- ☐ 112 inch wooden skewers
- ☐ 112 inch wooden skewers

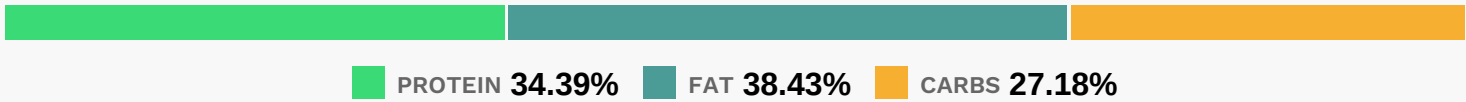
Equipment

- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Soak wooden skewers in water 30 minutes. Stir together honey and spicy brown mustard. Toss shrimp with Caribbean jerk seasoning, 2 Tbsp. olive oil, and 1/4 tsp. salt. Thread onto 8 skewers. Thread squash slices, zucchini slices, and red bell pepper pieces, onto remaining skewers.
- ☐ Brush vegetable kabobs with 1 Tbsp. olive oil; sprinkle with salt and pepper to taste. Grill kabobs, covered with grill lid, over 350 to 400 (medium-high) heat. Grill vegetables 15 minutes or until tender, turning occasionally. Grill shrimp 2 minutes on each side or just until shrimp turn pink. Baste shrimp with honey mixture.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.21, Glycemic Load:4.19, Inflammation Score:-8, Nutrition Score:19.283913083698%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 202.43kcal (10.12%), Fat: 8.95g (13.77%), Saturated Fat: 1.25g (7.82%), Carbohydrates: 14.24g (4.75%), Net Carbohydrates: 11.4g (4.14%), Sugar: 10.54g (11.71%), Cholesterol: 142.88mg (47.63%), Sodium: 1017.78mg (44.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.02g (36.04%), Vitamin C: 53.81mg (65.22%), Selenium: 35.94µg (51.34%), Phosphorus: 353.59mg (35.36%), Vitamin A: 1550.65IU (31.01%), Vitamin B6: 0.59mg (29.67%), Vitamin E: 3.54mg (23.6%), Vitamin B12: 1.26µg (20.98%), Manganese: 0.39mg (19.61%), Folate: 75.63µg (18.91%), Potassium: 634.54mg (18.13%), Vitamin B3: 3.17mg (15.87%), Copper: 0.31mg (15.71%), Magnesium: 60.28mg (15.07%), Vitamin B2: 0.25mg (14.88%), Vitamin K: 12.76µg (12.15%), Zinc: 1.75mg (11.66%), Fiber: 2.84g (11.36%), Calcium: 96mg (9.6%), Vitamin B1: 0.12mg (8.17%), Vitamin B5: 0.73mg (7.31%), Iron: 1.29mg (7.16%)