



Spicy Grilled Shrimp Kebabs with Avocado and Papaya Salad

 Gluten Free  Dairy Free

READY IN



14 min.

SERVINGS



4

CALORIES



83 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper red crushed
- 24 jumbo shrimp with tails intact (1 1/2 pounds) deveined peeled
- 1 tablespoon olive oil
- 4 servings avocado and papaya salad
- 0.3 teaspoon salt

Equipment

- grill

skewers

grill pan

Directions

Prepare grill or grill pan.

Thread 3 shrimp onto each of 8 skewers.

Brush with olive oil; sprinkle evenly with salt and red pepper.

Place kebabs on grill rack or grill pan coated with cooking spray; grill over medium–high heat 2 minutes on each side or until shrimp are done. Keep warm.

Serve kebabs with Avocado and Papaya Salad.

Garnish with lime wedges, if desired.

Nutrition Facts

 **PROTEIN 57.91%** **FAT 41.27%** **CARBS 0.82%**

Properties

Glycemic Index:14.69, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:2.4104347994308%

Nutrients (% of daily need)

Calories: 82.72kcal (4.14%), Fat: 3.83g (5.89%), Saturated Fat: 0.55g (3.42%), Carbohydrates: 0.17g (0.06%), Net Carbohydrates: 0.11g (0.04%), Sugar: 0.09g (0.1%), Cholesterol: 96.6mg (32.2%), Sodium: 218.94mg (9.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.08g (24.16%), Phosphorus: 128.88mg (12.89%), Copper: 0.24mg (11.82%), Zinc: 0.81mg (5.4%), Magnesium: 21.4mg (5.35%), Potassium: 162.72mg (4.65%), Calcium: 39.14mg (3.91%), Vitamin E: 0.55mg (3.7%), Vitamin K: 2.27µg (2.16%), Iron: 0.36mg (1.98%), Manganese: 0.02mg (1.13%)