



## Spicy Shrimp Skewers

 **Gluten Free**  **Dairy Free**

READY IN



90 min.

SERVINGS



12

CALORIES



102 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup honey
- 2 tablespoons jamaican jerk seasoning
- 0.3 cup juice of lime
- 3 dashes pepper sauce hot
- 12 servings salt and pepper to taste
- 2 pounds shrimp deveined peeled
- 1 teaspoon soya sauce
- 1 teaspoon vegetable oil

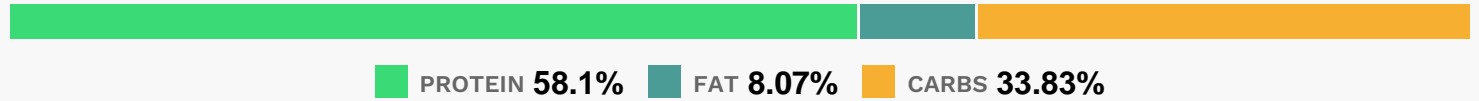
# Equipment

- bowl
- grill
- skewers
- wooden skewers

# Directions

- Stir together the lime juice, honey, soy sauce, and oil in a large bowl. Season with jerk seasoning, hot pepper sauce, salt, and pepper.
- Add the shrimp and toss well to coat. Cover, and refrigerate for one hour to marinate.
- Place wooden skewers to soak in warm water.
- Preheat an outdoor grill for medium-high heat.
- Remove skewers from the water, pat dry, and spray with nonstick cooking spray. Skewer the shrimp. Grill the shrimp on the grill on both sides until pink and opaque, about 5 minutes per side.

# Nutrition Facts



# Properties

Glycemic Index:5.61, Glycemic Load:4.05, Inflammation Score:-3, Nutrition Score:3.9021739324798%

# Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

# Nutrients (% of daily need)

Calories: 101.94kcal (5.1%), Fat: 0.96g (1.47%), Saturated Fat: 0.17g (1.04%), Carbohydrates: 9.02g (3.01%), Net Carbohydrates: 8.5g (3.09%), Sugar: 7.95g (8.83%), Cholesterol: 121.71mg (40.57%), Sodium: 334.72mg (14.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.48g (30.97%), Phosphorus: 167.75mg (16.78%), Copper: 0.31mg (15.75%), Vitamin A: 398.73IU (7.97%), Magnesium: 29.38mg (7.34%), Zinc: 1.1mg (7.33%), Potassium: 239.48mg (6.84%), Calcium: 54.51mg (5.45%), Iron: 0.68mg (3.8%), Vitamin E: 0.55mg (3.69%), Manganese:

0.06mg (2.97%), Vitamin C: 2.09mg (2.54%), Fiber: 0.51g (2.06%), Vitamin K: 2.14µg (2.04%), Vitamin B6: 0.03mg (1.69%), Vitamin B2: 0.02mg (1.05%)