



## 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

12 wooden skewers for 1 hour

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## 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.

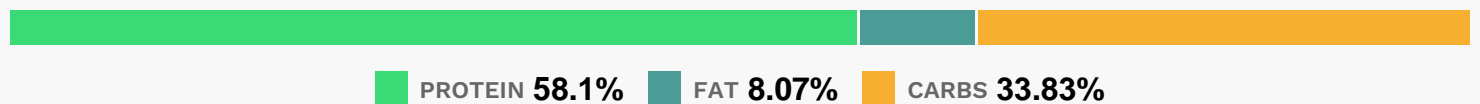
Add the shrimp and toss well to coat. Cover, and refrigerate for one hour to marinate.

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 (0%), Alcohol %: 0% (0%), 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%)