



## Sugarcane Shrimp



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 12 servings pepper black freshly ground
- ☐ 1 tablespoon rum dark such as appleton jamaican-style
- ☐ 1 teaspoon little demerara sugar
- ☐ 0.3 teaspoon garlic minced
- ☐ 12 servings scotch bonnet peppers minced for a milder taste (substitute jalapeño)
- ☐ 0.3 cup juice of lime freshly squeezed
- ☐ 0.3 cup soy sauce low-sodium
- ☐ 1 tablespoon olive oil

- ☐ 24 pineapple chunks fresh
- ☐ 12 servings salt
- ☐ 12 large shrimp fresh deveined peeled

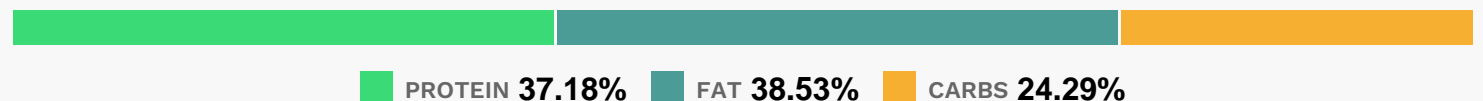
## Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ broiler
- ☐ skewers
- ☐ broiler pan
- ☐ chefs knife

## Directions

- ☐ Wash the shrimp and place them in a large bowl.
- ☐ Combine the lime juice, soy sauce, rum, oil, sugar, and garlic in a second bowl. Season with salt, pepper, and habanero. Cover with plastic wrap and allow the shrimp to marinate while preheating the broiler. When ready, thread 1 pineapple chunk, 1 shrimp, then a second pineapple chunk on each skewer.
- ☐ Place the skewers on a broiler pan and cook until lightly browned, turning once, 3 to 5 minutes.
- ☐ To make sugarcane swizzle sticks and skewers, wash the sugarcane stalk thoroughly. Using a sharp chef's knife, carefully cut the stalk crosswise, at a joint, into sections the length of the skewer needed. Be careful, as the cane is harder than you think. Split at the center of the core lengthwise into quarters for 4 skewers. Don't remove the outer bark; it reinforces the skewer. Sharpen the ends of the skewers into points.
- ☐ From Rum Drinks: 50 Caribbean Cocktails, from Cuba Libre to Rum Daisy by Jessica B. Harris. Text copyright © 2009 by Jessica B. Harris; photographs copyright © 2009 by Tara Donne. Published by Chronicle Books LLC.

## Nutrition Facts



## Properties

Glycemic Index:10.17, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.256086960111%

## 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: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 30.69kcal (1.53%), Fat: 1.25g (1.93%), Saturated Fat: 0.18g (1.1%), Carbohydrates: 1.78g (0.59%), Net Carbohydrates: 1.63g (0.59%), Sugar: 0.82g (0.91%), Cholesterol: 16.1mg (5.37%), Sodium: 461.01mg (20.04%), Alcohol: 0.42g (100%), Alcohol %: 1.75% (100%), Protein: 2.72g (5.45%), Vitamin C: 3.66mg (4.44%), Phosphorus: 34.98mg (3.5%), Manganese: 0.05mg (2.55%), Copper: 0.05mg (2.49%), Magnesium: 9.65mg (2.41%), Potassium: 66.65mg (1.9%), Vitamin E: 0.22mg (1.47%), Zinc: 0.2mg (1.35%), Vitamin B2: 0.02mg (1.15%), Vitamin B6: 0.02mg (1.08%), Calcium: 10.65mg (1.07%), Iron: 0.19mg (1.06%), Folate: 4.14µg (1.03%), Vitamin K: 1.06µg (1.01%)