



Sweet-and-Sour Shrimp Kebabs

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



634 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup canola oil
- 0.3 cup basil leaves fresh chopped
- 2 cloves garlic smashed
- 1 tablespoon ginger grated peeled
- 0.3 cup brown sugar light packed
- 0.3 cup juice of lime
- 1 lime zest cut into wedges
- 0.3 cup mustard hot chinese

- 4 servings olive oil for the grill
- 1 cup peach preserves
- 0.3 teaspoon pepper flakes red
- 0.3 cup rice vinegar (unseasoned)
- 1 pinch salt
- 1.5 pounds shrimp (deveined peeled per pound), and
- 1 teaspoon chili sauce sweet

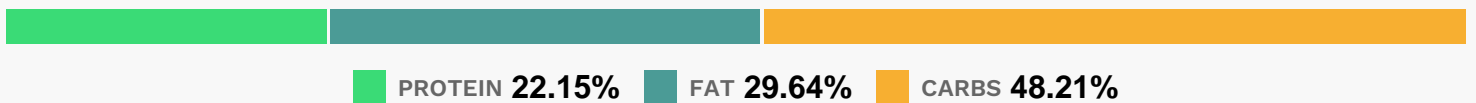
Equipment

- bowl
- whisk
- grill
- ziploc bags
- skewers

Directions

- Whisk together the canola oil, lime juice, brown sugar, vinegar, red pepper flakes, lime zest, garlic, ginger, basil and salt in a bowl.
- Put the shrimp in a large zip-top plastic bag and pour in the marinade. Refrigerate 20 minutes.
- Whisk the sweet chili sauce, peach preserves and mustard in a bowl.
- Preheat a grill to medium high. Oil the grill rack. Thread the shrimp and lime wedges onto skewers. Grill 1 1/2 minutes on each side.
- Serve with the sauce.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:71, Glycemic Load:32.35, Inflammation Score:-3, Nutrition Score:11.982608722604%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 8.56mg, Hesperetin: 8.56mg, Hesperetin: 8.56mg, Hesperetin: 8.56mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 634.44kcal (31.72%), Fat: 21.15g (32.54%), Saturated Fat: 2.58g (16.11%), Carbohydrates: 77.44g (25.81%), Net Carbohydrates: 75.16g (27.33%), Sugar: 55.98g (62.2%), Cholesterol: 273.86mg (91.29%), Sodium: 430.49mg (18.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.56g (71.13%), Phosphorus: 407.39mg (40.74%), Copper: 0.8mg (39.97%), Vitamin E: 3.29mg (21.92%), Vitamin C: 17.78mg (21.55%), Magnesium: 76.29mg (19.07%), Vitamin K: 19.23µg (18.31%), Potassium: 611.52mg (17.47%), Zinc: 2.51mg (16.71%), Calcium: 161.89mg (16.19%), Manganese: 0.23mg (11.26%), Iron: 1.95mg (10.83%), Selenium: 7.57µg (10.82%), Fiber: 2.28g (9.1%), Vitamin B2: 0.09mg (5%), Vitamin B1: 0.06mg (3.74%), Folate: 14.72µg (3.68%), Vitamin B6: 0.07mg (3.63%), Vitamin A: 143.31IU (2.87%), Vitamin B5: 0.15mg (1.54%), Vitamin B3: 0.24mg (1.2%)