



Sweet and Spicy Grilled Shrimp

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

READY IN



20 min.

SERVINGS



4

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 bamboo skewers for 20 minutes
- 0.5 cup chile-garlic sauce
- 0.5 cup honey
- 1 pound shrimp deveined peeled

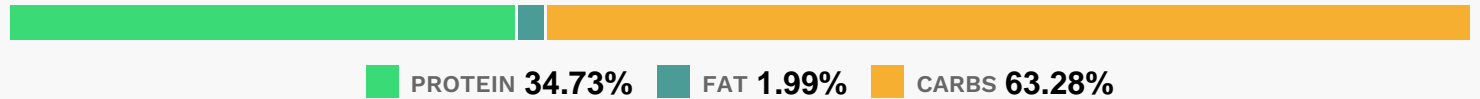
Equipment

- bowl
- grill
- skewers

Directions

- Preheat grill for medium heat and lightly oil the grate.
- Stir chile-garlic sauce and honey together in a small bowl.
- Thread shrimp onto soaked bamboo skewers, piercing through the head and tail ends.
- Cook the skewers on the preheated grill, frequently turning and basting with the sauce mixture, until shrimp are firm and pink on all sides, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:21.07, Glycemic Load:18.22, Inflammation Score:1, Nutrition Score:4.417826064012%

Nutrients (% of daily need)

Calories: 259.8kcal (12.99%), Fat: 0.58g (0.9%), Saturated Fat: 0.12g (0.72%), Carbohydrates: 41.8g (13.93%), Net Carbohydrates: 40.5g (14.73%), Sugar: 39.95g (44.38%), Cholesterol: 182.57mg (60.86%), Sodium: 1589.69mg (69.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.95g (45.89%), Phosphorus: 244.74mg (24.47%), Copper: 0.46mg (23.02%), Zinc: 1.62mg (10.82%), Magnesium: 40.6mg (10.15%), Potassium: 322.61mg (9.22%), Calcium: 75.24mg (7.52%), Fiber: 1.3g (5.21%), Iron: 0.77mg (4.29%), Manganese: 0.07mg (3.68%)