



Sweet Apricot BBQ Shrimp Kabobs

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup barbecue sauce
- ☐ 0.3 cup apricot preserves
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 4 slices at least of turkey bacon cut lengthwise into 6 strips
- ☐ 8 ounces water chestnuts whole drained canned
- ☐ 1 pound shrimp frozen thawed deveined uncooked peeled
- ☐ 2 cups couscous hot cooked

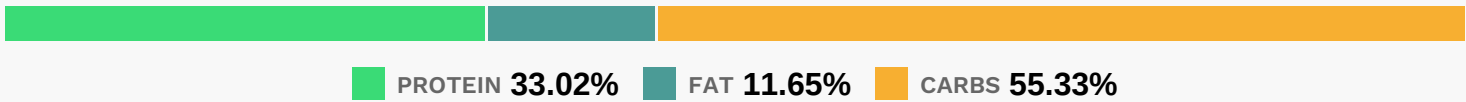
Equipment

- ☐ bowl
- ☐ oven
- ☐ skewers
- ☐ broiler pan

Directions

- ☐ Soak four 10-inch bamboo skewers in water for at least 30 minutes to prevent burning.
- ☐ Set oven control to broil.
- ☐ Mix barbecue sauce, preserves and red pepper in small bowl; set aside.
- ☐ Wrap strip of bacon around each water chestnut. Thread shrimp and water chestnuts alternately on each bamboo skewer, leaving space between each piece.
- ☐ Place on rack in broiler pan.
- ☐ Broil kabobs with tops about 4 inches from heat 6 minutes, brushing frequently with sauce mixture. Turn kabobs; brush with sauce mixture. Broil 5 to 6 minutes longer or until shrimp are pink and firm. Discard any remaining sauce mixture.
- ☐ Serve kabobs with couscous.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:11.13, Inflammation Score:-2, Nutrition Score:11.158695560435%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 371.07kcal (18.55%), Fat: 4.87g (7.49%), Saturated Fat: 1.33g (8.3%), Carbohydrates: 52.03g (17.34%), Net Carbohydrates: 48.4g (17.6%), Sugar: 18.73g (20.82%), Cholesterol: 196.29mg (65.43%), Sodium: 720.99mg (31.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.04g (62.09%), Selenium: 26.55µg (37.93%), Phosphorus: 347.08mg (34.71%), Copper: 0.62mg (31.16%), Zinc: 2.54mg (16.93%), Potassium: 577.44mg (16.5%), Magnesium: 58.64mg (14.66%), Fiber: 3.63g (14.51%), Vitamin B6: 0.25mg (12.49%), Iron: 2.23mg (12.36%),

Manganese: 0.23mg (11.73%), Calcium: 95.74mg (9.57%), Vitamin B3: 1.75mg (8.74%), Vitamin E: 0.95mg (6.35%),
Vitamin B2: 0.1mg (5.6%), Vitamin B1: 0.07mg (4.89%), Folate: 18.85µg (4.71%), Vitamin B5: 0.46mg (4.61%), Vitamin
C: 3.01mg (3.65%), Vitamin A: 130.87IU (2.62%), Vitamin K: 1.8µg (1.72%)