



Taco Seasoned Shrimp Kabobs

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



30 min.

SERVINGS



8

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 lb shrimp frozen thawed deveined uncooked peeled
- 1 medium zucchini cut into 1-inch pieces
- 1 medium bell pepper red cut into 1-inch pieces
- 1 cup seasoning cubes fresh
- 6.3 oz taco seasoning
- 0.3 cup juice of lime
- 0.3 cup olive oil
- 7 inch frangelico

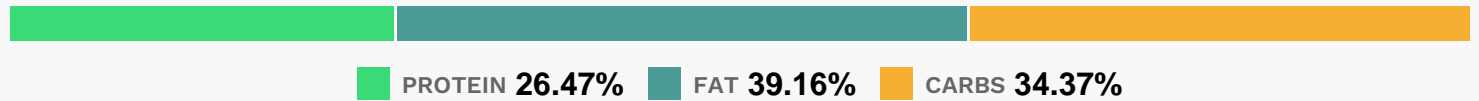
Equipment

- bowl
- grill
- skewers

Directions

- Heat gas or charcoal grill. Alternately thread shrimp, zucchini, bell pepper and pineapple onto skewers, leaving space between pieces.
- In small bowl, mix taco seasoning mix, lime juice and oil; brush over kabobs. Reserve remaining mixture.
- Place kabobs on grill over medium heat. Cook uncovered 6 to 15 minutes, turning once and brushing 2 to 3 times with reserved taco seasoning mixture, until shrimp is pink and vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:5.88, Glycemic Load:0.26, Inflammation Score:-9, Nutrition Score:8.523043408666%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 162.64kcal (8.13%), Fat: 7.6g (11.7%), Saturated Fat: 1g (6.28%), Carbohydrates: 15.02g (5.01%), Net Carbohydrates: 10.27g (3.73%), Sugar: 5.77g (6.42%), Cholesterol: 76.1mg (25.37%), Sodium: 2026.11mg (88.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.57g (23.13%), Vitamin A: 2596.23IU (51.92%), Vitamin C: 35.66mg (43.23%), Fiber: 4.75g (19.01%), Iron: 2.01mg (11.15%), Phosphorus: 105.24mg (10.52%), Copper: 0.18mg (9.19%), Vitamin E: 1.25mg (8.35%), Potassium: 216.51mg (6.19%), Vitamin K: 5.89µg (5.61%), Magnesium: 21.68mg (5.42%), Zinc: 0.69mg (4.61%), Vitamin B6: 0.09mg (4.3%), Manganese: 0.08mg (3.77%), Folate: 13.48µg (3.37%),

Calcium: 33.3mg (3.33%), Vitamin B2: 0.04mg (2.17%), Vitamin B1: 0.02mg (1.4%), Vitamin B3: 0.27mg (1.33%),
Vitamin B5: 0.11mg (1.06%)