



Tequila-Lime Seafood Kebabs

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



136 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 teaspoons cilantro leaves fresh chopped
- ☐ 2 teaspoons spring onion minced
- ☐ 8 ounces grouper fillets cut into 1-inch pieces
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 tablespoon lime zest grated
- ☐ 9 servings lime wedges
- ☐ 3 tablespoons orange juice

- ☐ 0.5 pineapple cored peeled cut into 1-inch wedges
- ☐ 1 large bell pepper red cut into 1-inch pieces
- ☐ 8 ounces salmon fillet cut into 1-inch pieces
- ☐ 0.5 teaspoon salt
- ☐ 8 ounces shrimp fresh unpeeled
- ☐ 4 ounces snow peas fresh
- ☐ 0.3 cup tequila

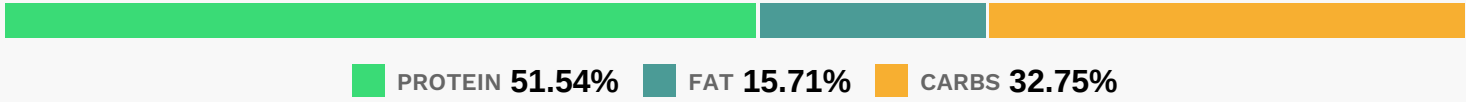
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers
- ☐ metal skewers

Directions

- ☐ Peel shrimp, leaving tails on; devein, if desired.
- ☐ Coat 12-inch metal skewers with cooking spray. Alternately thread shrimp, grouper, salmon, snow peas, bell pepper, and pineapple on skewers.
- ☐ Place kebabs in a shallow dish.
- ☐ Combine lime rind and next 7 ingredients in a small bowl; pour over kebabs. Cover and marinate in refrigerator 1 hour, turning occasionally.
- ☐ Remove kebabs from marinade. Grill, with lid closed, over medium-high heat (350 to 400 to 7 minutes on each side or until fish flakes with a fork. (During grilling, baste occasionally with marinade.)
- ☐ Garnish, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.3, Glycemic Load:4.04, Inflammation Score:-7, Nutrition Score:13.442173978557%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 2mg, Hesperetin: 2mg, Hesperetin: 2mg, Hesperetin: 2mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 136.11kcal (6.81%), Fat: 2.15g (3.3%), Saturated Fat: 0.36g (2.22%), Carbohydrates: 10.07g (3.36%), Net Carbohydrates: 8.53g (3.1%), Sugar: 6.85g (7.61%), Cholesterol: 63.75mg (21.25%), Sodium: 185.75mg (8.08%), Alcohol: 2.23g (100%), Alcohol %: 1.58% (100%), Protein: 15.85g (31.71%), Vitamin C: 60.34mg (73.14%), Manganese: 0.55mg (27.59%), Selenium: 18.58µg (26.54%), Vitamin B6: 0.42mg (20.87%), Phosphorus: 163.41mg (16.34%), Vitamin A: 804.47IU (16.09%), Vitamin B12: 0.95µg (15.88%), Vitamin B3: 2.61mg (13.03%), Potassium: 454.02mg (12.97%), Copper: 0.24mg (12.19%), Vitamin B1: 0.15mg (10.07%), Magnesium: 36.73mg (9.18%), Vitamin B5: 0.89mg (8.92%), Folate: 34.11µg (8.53%), Vitamin B2: 0.14mg (8.39%), Fiber: 1.54g (6.16%), Iron: 1.09mg (6.07%), Vitamin K: 5.6µg (5.34%), Zinc: 0.78mg (5.17%), Calcium: 42.2mg (4.22%), Vitamin E: 0.37mg (2.48%)