



## Zesty Shrimp and Vegetable Kabobs

 Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



25

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 Tbsp cilantro leaves fresh chopped
- 24 small mushrooms fresh
- 1 small clove garlic minced
- 0.8 tsp ground pepper red divided (cayenne)
- 0.8 cup 3/4 cup kraft zesty italian dressing italian kraft
- 1 Tbsp lime zest divided
- 0.8 cup real mayo mayonnaise kraft
- 2 bell peppers red cut into 1-inch pieces

- 1 large onion red cut into 3/4-inch chunks
- 2 lb shrimp deveined uncooked peeled
- 1 large zucchini cut into 3/4-inch chunks

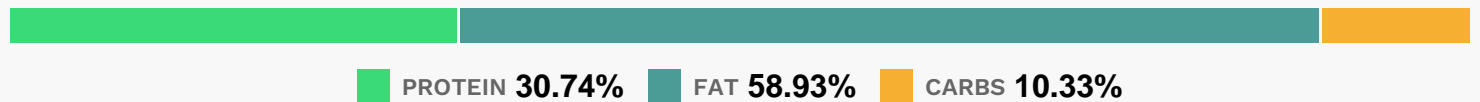
## Equipment

- grill
- wooden skewers

## Directions

- Thread shrimp and vegetables onto 24 wooden skewers; place in shallow dish.
- Mix dressing, cilantro, 2 tsp. lime zest and 1/2 tsp. ground red pepper until blended.
- Pour over kabobs; turn to evenly coat kabobs. Refrigerate 1 hour to marinate.
- Heat greased grill to medium-high heat.
- Remove kabobs from marinade; discard marinade. Grill kabobs 6 to 8 min. or until shrimp turn pink, turning after 4 min. Meanwhile, mix mayo, garlic, lime juice, remaining zest and remaining ground red pepper.
- Serve kabobs with mayo mixture.

## Nutrition Facts



## Properties

Glycemic Index:11.28, Glycemic Load:0.36, Inflammation Score:-4, Nutrition Score:4.6313043541234%

## Flavonoids

Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

## Nutrients (% of daily need)

Calories: 102.43kcal (5.12%), Fat: 6.82g (10.49%), Saturated Fat: 1.06g (6.6%), Carbohydrates: 2.69g (0.9%), Net Carbohydrates: 2.16g (0.79%), Sugar: 1.91g (2.12%), Cholesterol: 61.25mg (20.42%), Sodium: 157.99mg (6.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8g (16%), Vitamin C: 15.21mg (18.44%), Vitamin K: 16.09µg (15.32%), Phosphorus: 97.44mg (9.74%), Copper: 0.19mg (9.3%), Vitamin A: 355.66IU (7.11%), Potassium: 195.81mg (5.59%), Magnesium: 18.03mg (4.51%), Zinc: 0.63mg (4.18%), Vitamin E: 0.56mg (3.73%), Vitamin B2: 0.06mg (3.65%), Vitamin B6: 0.07mg (3.6%), Manganese: 0.06mg (3.08%), Calcium: 29.11mg (2.91%), Folate: 10.38µg (2.6%), Vitamin B3: 0.52mg (2.59%), Vitamin B5: 0.22mg (2.19%), Fiber: 0.52g (2.1%), Iron: 0.38mg (2.09%), Selenium: 1.27µg (1.81%), Vitamin B1: 0.02mg (1.56%)