

DINNER

Zucchini-Wrapped Shrimp with Bacon

22 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$4.75	569 kcal

If you have roughly 45 minutes to spend in the kitchen, Zucchini-Wrapped Shrimp with Bacon might be a tremendous gluten free, dairy free, paleolithic, and primal recipe to try. One serving contains 569 calories, 45g of protein, and 42g of fat. This recipe serves 4 and costs \$4.75 per serving.

Ingredients

☐ ¾ pound bacon, sliced 1/4 inch thick and cut crosswise into 1 1/2-inch squares☐ 1 large garlic clove, minced☐ 4 servings Salt and freshly ground pepper☐ 5 ounces medium zucchini , halved lengthwise, then sliced lengthwise 1/4 inch thick☐ 3 tablespoons coarsely chopped basil☐ 2 tablespoons extra-virgin olive oil, plus more for brushing☐ 1½ pounds shrimp, shelled and deveined

EQUIPMENT Bowl, Frying pan, Grill, Skewers, Grill pan

Method

- 1 In a bowl, combine the basil with 2 tablespoons of the olive oil and the garlic. Season lightly with salt and pepper.
- 2 Add the shrimp and turn to coat.
- 3 In a shallow bowl, generously brush the zucchini slices on both sides with olive oil and season with salt and pepper; let stand for 5 minutes to soften.

- 4 In a skillet, cook the bacon over moderate heat until lightly browned, about 2 minutes per side.
- 5 Drain.
- 6 Working at the tip of a 12-inch skewer, pierce the very end of a zucchini slice. Swing the zucchini to the side and skewer a shrimp, then loop the zucchini slice around the shrimp and pierce the zucchini slice to secure it around the shrimp.
- 7 Add another shrimp, wrap the rest of the zucchini slice around it and secure it on the skewer.
- 8 Add a bacon square. Repeat the threading, using 2 more zucchini slices, 4 more shrimp and 2 more bacon squares. Thread the remaining ingredients to make 8 skewers.
- 9 Light a grill or preheat a grill pan. Oil the grill and grill 4 skewers at a time over high heat for about 2 minutes per side, or just until the shrimp are cooked through and the zucchini are still crunchy.
- 10 Serve hot.

Nutrition per serving

569	45 g	42 g	2 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			12.5 g · 78% of daily needs
Fibre			0.4 g · 2% of daily needs
Sugar			0.9 g · 1% of daily needs
Sodium			962 mg · 42% of daily needs
Cholesterol			330 mg · 110% of daily needs
Vitamin C			6.9 mg · 8% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/zucchini-wrapped-shrimp-with-bacon-144440