

Chili-Honey-Garlic Shrimp Kebabs

Katie Lee
Good Housekeeping Magazine

Servings: 6

2 pounds shrimp (16 to 20 ct),
shelled and deveined
1 tablespoon olive oil
3/4 teaspoon salt
3/4 teaspoon pepper
1/2 cup honey
2 tablespoons Asian chili (Sambal)
sauce

Preparation Time: 10 minutes

Heat the grill on medium-high.

If using bamboo skewers, soak for at least 30 minutes in warm water.

Thread four shrimp onto each skewer (if using bamboo skewers, use two skewers for each kebab). Brush the shrimp with oil. Season on both sides with salt and pepper.

In a small microwave-safe bowl, combine the honey and chili sauce. Microwave in 20 second intervals until runny. Whisk to combine.

Place the kebabs on the hot grill. Cook for 2 minutes. Turn the kebabs over. Brush with the honey mixture. Cook for 1 minute. Turn the kebabs over. Brush again. . Cook 1 minute more.

Turn the kebabs over. Brush again with the remaining honey mixture.

Serve immediately.

Start to Finish Time: 20 minutes

Per Serving (excluding unknown items): 106 Calories; 2g Fat (17.7% calories from fat); trace Protein; 23g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 268mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fat; 1 1/2 Other Carbohydrates.

Grilled, Seafood

Per Serving Nutritional Analysis

Calories (kcal):	106
% Calories from Fat:	17.7%
% Calories from Carbohydrates:	81.9%
% Calories from Protein:	0.4%
Total Fat (g):	2g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	23g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	268mg
Potassium (mg):	18mg
Calcium (mg):	5mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	1IU
Vitamin A (r.e.):	0RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	1mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	1 1/2

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	106	Calories from Fat: 19
-----------------	-----	-----------------------

% Daily Values*

Total Fat	2g	3%
Saturated Fat	trace	2%
Cholesterol	0mg	0%
Sodium	268mg	11%
Total Carbohydrates	23g	8%
Dietary Fiber	trace	1%
Protein	trace	
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		1%

* Percent Daily Values are based on a 2000 calorie diet.