



## Pineapple Coconut Shrimp

4 servings

25 minutes

### Ingredients

- 3 Garlic (cloves, minced)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Red Wine Vinegar
- 2 tbsps Parsley (chopped)
- 1/2 tsp Sea Salt
- 2 lbs Shrimp (raw, peeled and deveined)
- 4 cups Pineapple (diced into chunks)
- 2 tbsps Unsweetened Coconut Flakes
- 12 Barbecue Skewers

### Nutrition

Amount per serving	
Calories	357
Fat	10g
Saturated	3g
Trans	0g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	23g
Fiber	3g
Sugar	16g
Protein	47g
Cholesterol	365mg
Sodium	570mg
Potassium	801mg
Vitamin A	256IU
Vitamin C	82mg
Calcium	174mg
Iron	2mg
Vitamin D	0IU
Vitamin E	1mg

### Directions

- 1 In a large bowl, stir together the garlic, olive oil, red wine vinegar, parsley and sea salt. Mix well. Add shrimp and toss well to coat.
- 2 Preheat grill to medium heat.
- 3 Slide a shrimp onto a skewer, followed by a pineapple chunk. Repeat until all ingredients are used up.
- 4 Transfer skewers to the grill and cook for 3 to 4 minutes per side or until shrimp is pink. Remove from grill and sprinkle with coconut flakes. Serve over a bed of greens or with your favourite side dishes. Enjoy!

### Notes

**No Pineapple:** Use sliced lemon instead.

**Likes it Spicy:** Add cayenne pepper to the shrimp spice.

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Vitamin K	36µg
Thiamine	0.1mg
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.2mg
Folate	33µg
Vitamin B12	0µg
Phosphorous	504mg
Magnesium	101mg
Zinc	3mg
Selenium	0µg