



5 Spice Cajun Shrimp



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



140 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons pepper black
- ☐ 2 tablespoons chili powder
- ☐ 2 tablespoons garlic powder
- ☐ 2 tablespoons juice of lemon
- ☐ 2 tablespoons paprika
- ☐ 2 tablespoons salt
- ☐ 1 pound shrimp unpeeled

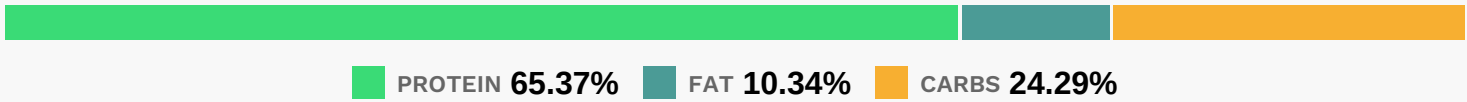
Equipment

☐ grill

Directions

- ☐ Preheat grill.
- ☐ Combine equal parts of the 5 spices for the shrimp, to taste.
- ☐ Add the shrimp and toss to coat. Grill for 2 minutes, then sprinkle with some of the lemon juice. Flip the shrimp after 5 minutes and sprinkle other side with more lemon juice. Cook for 3 more minutes.
- ☐ Remove from heat, and sprinkle with the remaining lemon juice.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.6, Inflammation Score:-9, Nutrition Score:12.80652169041%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 139.96kcal (7%), Fat: 1.75g (2.69%), Saturated Fat: 0.34g (2.14%), Carbohydrates: 9.22g (3.07%), Net Carbohydrates: 5.47g (1.99%), Sugar: 0.95g (1.06%), Cholesterol: 182.57mg (60.86%), Sodium: 3694.22mg (160.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.83g (49.65%), Vitamin A: 2926.75IU (58.53%), Manganese: 0.59mg (29.64%), Phosphorus: 287.56mg (28.76%), Copper: 0.57mg (28.67%), Vitamin E: 2.61mg (17.42%), Potassium: 553.21mg (15.81%), Magnesium: 60.63mg (15.16%), Fiber: 3.76g (15.02%), Iron: 2.57mg (14.3%), Zinc: 2.01mg (13.41%), Vitamin B6: 0.24mg (11.85%), Vitamin K: 11.97µg (11.4%), Calcium: 112.85mg (11.28%), Vitamin B2: 0.09mg (5.46%), Vitamin B3: 0.89mg (4.45%), Vitamin C: 3.01mg (3.65%), Selenium: 2.16µg (3.08%), Vitamin B1: 0.04mg (2.93%), Vitamin B5: 0.2mg (2.05%), Folate: 6.72µg (1.68%)