



Broiled Herb-Marinated Shrimp Skewers



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup basil fresh
- ☐ 0.8 cup cilantro leaves fresh
- ☐ 0.8 cup parsley fresh
- ☐ 2 garlic clove
- ☐ 0.5 teaspoon ground cumin
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 1 tablespoon juice of lime fresh

- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 3 tablespoons orange juice fresh
- ☐ 0.5 teaspoon salt

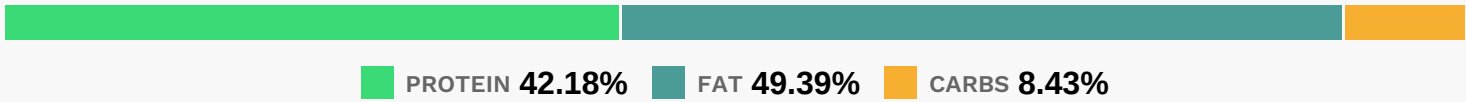
Equipment

- ☐ food processor
- ☐ bowl
- ☐ broiler
- ☐ skewers
- ☐ broiler pan
- ☐ wooden skewers

Directions

- ☐ Combine first 10 ingredients in a food processor; process until smooth.
- ☐ Place in a bowl; add shrimp, tossing to coat. Marinate in refrigerator for 30 minutes, stirring occasionally.
- ☐ Preheat broiler to high.
- ☐ Remove shrimp from marinade; thread 6 shrimp onto each of 4 (8-inch) wooden skewers.
- ☐ Place skewers on a broiler pan coated with cooking spray; top with any remaining marinade. Broil 5 inches from heat for 2 minutes on each side or until shrimp are done.

Nutrition Facts



Properties

Glycemic Index:63.25, Glycemic Load:0.97, Inflammation Score:-8, Nutrition Score:20.895652019459%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 1.86mg, Hesperetin: 1.86mg, Hesperetin: 1.86mg, Hesperetin: 1.86mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 24.25mg, Apigenin: 24.25mg, Apigenin: 24.25mg, Apigenin: 24.25mg Luteolin: 0.14mg, Luteolin:

0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 1.7mg, Myricetin: 1.7mg, Myricetin: 1.7mg, Myricetin: 1.7mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 229.18kcal (11.46%), Fat: 12.44g (19.13%), Saturated Fat: 1.67g (10.45%), Carbohydrates: 4.78g (1.59%), Net Carbohydrates: 4.15g (1.51%), Sugar: 1.29g (1.43%), Cholesterol: 214.32mg (71.44%), Sodium: 1262.35mg (54.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.9g (47.8%), Vitamin K: 213.36µg (203.2%), Selenium: 50.65µg (72.35%), Phosphorus: 431.11mg (43.11%), Vitamin A: 1645.93IU (32.92%), Vitamin B12: 1.89µg (31.47%), Vitamin C: 24.3mg (29.45%), Vitamin E: 3.96mg (26.43%), Copper: 0.36mg (17.99%), Vitamin B3: 3.31mg (16.56%), Vitamin B6: 0.32mg (15.98%), Folate: 57.61µg (14.4%), Zinc: 1.85mg (12.34%), Calcium: 122.51mg (12.25%), Magnesium: 48.96mg (12.24%), Potassium: 321.21mg (9.18%), Manganese: 0.17mg (8.36%), Iron: 1.5mg (8.31%), Vitamin B5: 0.64mg (6.35%), Vitamin B1: 0.06mg (4.26%), Vitamin B2: 0.05mg (2.99%), Fiber: 0.63g (2.53%), Vitamin D: 0.17µg (1.13%)