



## Broiled Shrimp

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



163 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 teaspoons bottled garlic minced
- 0.5 teaspoon ground cumin
- 2 tablespoons olive oil
- 0.3 teaspoon pepper
- 0.3 teaspoon salt
- 1 pound shrimp deveined peeled

## Equipment

- baking sheet

broiler

## Directions

Preheat broiler.

Coat a baking sheet with cooking spray.

Combine shrimp and remaining 5 ingredients, stirring to coat; place shrimp on baking sheet. Broil 6 to 8 minutes or until shrimp turn pink. Spoon shrimp over Spicy Poblano Salad.

## Nutrition Facts

 **PROTEIN 55.79%**  **FAT 41.74%**  **CARBS 2.47%**

## Properties

Glycemic Index:16.75, Glycemic Load:0.25, Inflammation Score:-1, Nutrition Score:4.8256522455131%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 163.24kcal (8.16%), Fat: 7.65g (11.77%), Saturated Fat: 1.09g (6.8%), Carbohydrates: 1.02g (0.34%), Net Carbohydrates: 0.91g (0.33%), Sugar: 0.03g (0.03%), Cholesterol: 182.57mg (60.86%), Sodium: 281.3mg (12.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.01g (46.02%), Phosphorus: 247.94mg (24.79%), Copper: 0.45mg (22.74%), Zinc: 1.56mg (10.42%), Magnesium: 41.45mg (10.36%), Potassium: 315.63mg (9.02%), Calcium: 80.14mg (8.01%), Vitamin E: 1.02mg (6.8%), Manganese: 0.1mg (5.19%), Iron: 0.85mg (4.73%), Vitamin K: 4.47µg (4.26%), Vitamin B6: 0.03mg (1.62%)