



But Why Is The Rum Gone?' Grilled Shrimp



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



176 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 6 servings ground pepper black to taste
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 teaspoon lime zest freshly grated to taste
- ☐ 0.3 cup rum white
- ☐ 1 teaspoon salt
- ☐ 1 shallots minced
- ☐ 1.5 pounds shrimp deveined peeled

☐ 0.3 cup sugar white

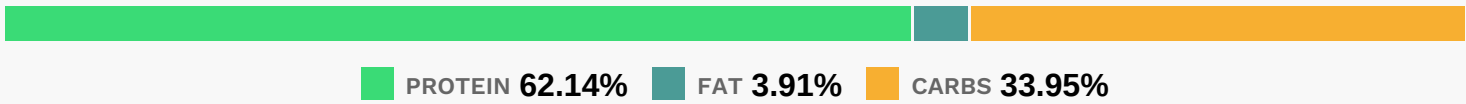
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ ziploc bags
- ☐ skewers
- ☐ metal skewers

Directions

- ☐ Combine mint leaves, sugar, and shallot in a bowl; pound with a spoon to crush coarsely.
- ☐ Whisk rum and 1/4 cup lime juice into mint mixture to make a marinade. Stir lime zest into the marinade; season with salt and black pepper.
- ☐ Pour marinade into a resealable plastic bag.
- ☐ Add the shrimp, coat with the marinade, squeeze out excess air, and seal the bag. Marinate at room temperature 15 to 20 minutes.
- ☐ Preheat an outdoor grill for medium-high heat and lightly oil the grate.
- ☐ Remove shrimp from marinade and thread onto 6 bamboo or metal skewers, all facing the same way. Discard marinade.
- ☐ Cook the skewers on the preheated grill, turning frequently until nicely browned on all sides, and the meat is no longer pink in the center, about 5 minutes.
- ☐ Drizzle 2 tablespoons fresh lime juice over the skewers to serve.

Nutrition Facts



Properties

Glycemic Index:29.85, Glycemic Load:7.95, Inflammation Score:-1, Nutrition Score:4.5747825662079%

Flavonoids

Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 175.88kcal (8.79%), Fat: 0.64g (0.99%), Saturated Fat: 0.12g (0.76%), Carbohydrates: 12.57g (4.19%), Net Carbohydrates: 12.23g (4.45%), Sugar: 11.51g (12.79%), Cholesterol: 182.57mg (60.86%), Sodium: 523.98mg (22.78%), Alcohol: 4.45g (100%), Alcohol %: 3.75% (100%), Protein: 23g (46%), Phosphorus: 247.99mg (24.8%), Copper: 0.46mg (23%), Magnesium: 42.67mg (10.67%), Zinc: 1.57mg (10.47%), Potassium: 332.04mg (9.49%), Calcium: 80.28mg (8.03%), Manganese: 0.09mg (4.46%), Iron: 0.77mg (4.25%), Vitamin C: 2.53mg (3.06%), Vitamin A: 83.03IU (1.66%), Fiber: 0.34g (1.35%), Folate: 4.1µg (1.02%)