



Cajun Barbecued Shrimp

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



157 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon thyme leaves dried
- ☐ 2 teaspoons garlic powder
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1 teaspoon onion powder
- ☐ 0.5 teaspoon oregano dried
- ☐ 2 teaspoons paprika
- ☐ 0.3 teaspoon salt

☐

1.5 pounds shrimp deveined peeled

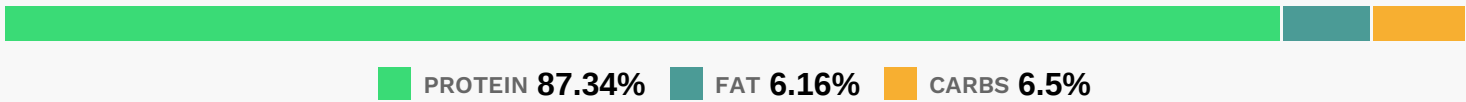
Equipment

- ☐ grill
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ Combine first 8 ingredients in a large heavy-duty, zip-top plastic bag.
- ☐ Add shrimp. Seal bag; shake to coat.
- ☐ Let stand 5 minutes.
- ☐ Remove shrimp from bag, discard seasoning mixture. Thread shrimp onto 4 skewers.
- ☐ Place skewers on grill rack coated with cooking spray; grill over medium-hot coals (350 to 400 degrees F) 4 to 5 minutes on each side or until done.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.12, Inflammation Score:-7, Nutrition Score:7.8969565033913%

Nutrients (% of daily need)

Calories: 156.53kcal (7.83%), Fat: 1.09g (1.68%), Saturated Fat: 0.22g (1.37%), Carbohydrates: 2.58g (0.86%), Net Carbohydrates: 1.72g (0.63%), Sugar: 0.21g (0.24%), Cholesterol: 273.86mg (91.29%), Sodium: 350mg (15.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.72g (69.44%), Phosphorus: 376.77mg (37.68%), Copper: 0.69mg (34.48%), Magnesium: 64.86mg (16.21%), Zinc: 2.42mg (16.12%), Potassium: 506.59mg (14.47%), Calcium: 123.99mg (12.4%), Vitamin A: 611IU (12.22%), Iron: 1.63mg (9.08%), Manganese: 0.15mg (7.33%), Vitamin K: 7.08µg (6.74%), Fiber: 0.86g (3.43%), Vitamin B6: 0.06mg (3.01%), Vitamin E: 0.44mg (2.95%), Vitamin B2: 0.02mg (1.16%)