



Carolina Grilled Shrimp



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup chili sauce
- ☐ 2 garlic cloves minced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 pound shrimp raw unpeeled ()
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons worcestershire sauce
- ☐ 48 inch wooden skewers

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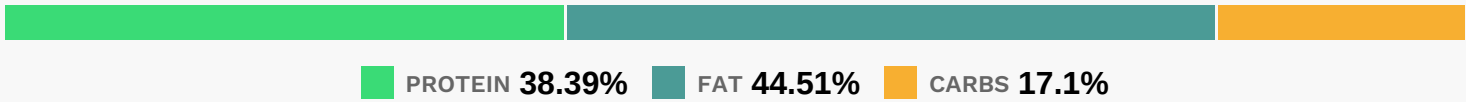
Equipment

- ☐ bowl
- ☐ whisk
- ☐ baking pan
- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Soak wooden skewers in water 30 minutes.
- ☐ Peel shrimp; devein, if desired. Thread shrimp onto skewers.
- ☐ Place in a 13- x 9-inch baking dish.
- ☐ Whisk together olive oil and next 5 ingredients in a bowl; pour over shrimp. Cover and chill 20 minutes.
- ☐ Remove shrimp from marinade, discarding marinade.
- ☐ Preheat grill to 350 to 400 (medium-high). Grill shrimp, covered with grill lid, 2 to 3 minutes on each side or just until shrimp turn pink.

Nutrition Facts



Properties

Glycemic Index:3.1, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:2.0330434830292%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 33.78kcal (1.69%), Fat: 1.65g (2.54%), Saturated Fat: 0.22g (1.39%), Carbohydrates: 1.43g (0.48%), Net Carbohydrates: 1.33g (0.48%), Sugar: 0.67g (0.74%), Cholesterol: 28.58mg (9.53%), Sodium: 196.3mg (8.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.4%), Selenium: 6.81µg (9.72%), Phosphorus: 58.78mg (5.88%), Vitamin B12: 0.25µg (4.2%), Vitamin E: 0.58mg (3.85%), Copper: 0.05mg (2.52%), Vitamin B3: 0.48mg (2.38%), Vitamin B6: 0.05mg (2.35%), Vitamin C: 1.46mg (1.77%), Potassium: 55.12mg (1.57%), Zinc: 0.23mg (1.56%), Calcium: 15.43mg (1.54%), Vitamin A: 75.89IU (1.52%), Magnesium: 5.82mg (1.46%), Folate: 5.09µg (1.27%), Vitamin K: 1.13µg (1.08%), Iron: 0.18mg (1.01%)