



Chili-and-Lime Grilled Shrimp With Seasoned White Beans and Rice

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



125 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons penzey's southwest seasoning with lime seasoning
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 teaspoon garlic powder
- ☐ 2 teaspoons ground mustard
- ☐ 1 lime
- ☐ 6 lime wedges
- ☐ 6 servings seasoned rice vinegar white

- ☐ 1 pound shrimp wild fresh uncooked unpeeled
- ☐ 72 inch frangelico
- ☐ 72 inch frangelico

Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Soak wooden skewers in water 30 minutes.
- ☐ If frozen, thaw shrimp according to package directions. Peel shrimp, leaving tails on; devein, if desired.
- ☐ Place shrimp in a medium bowl.
- ☐ Stir together chili with lime seasoning, ground mustard, and garlic powder in a small bowl.
- ☐ Sprinkle mixture over shrimp, tossing to coat.
- ☐ Grate rind from 1 lime, and add to shrimp mixture in bowl.
- ☐ Cut lime in half, and squeeze juice into bowl. Stir in olive oil. Thread 4 to 5 shrimp onto each skewer, and place skewers on a plate. Cover and chill.
- ☐ Preheat grill to 300 to 350 (medium).
- ☐ Prepare Seasoned White Beans and Rice.
- ☐ Meanwhile, grill shrimp skewers, covered with grill lid, over 300 to 350 (medium) heat 3 to 4 minutes on each side or just until shrimp turn pink. Spoon Seasoned White Beans and Rice onto a serving platter, and top with shrimp skewers.
- ☐ Garnish, if desired.
- ☐ Note: For testing purposes only, we used McCormick Chili With Lime Seasoning.

Nutrition Facts



 **PROTEIN 48.24%**  **FAT 37.27%**  **CARBS 14.49%**

Properties

Glycemic Index:20.67, Glycemic Load:0.76, Inflammation Score:-1, Nutrition Score:5.6008695623149%

Flavonoids

Hesperetin: 12.54mg, Hesperetin: 12.54mg, Hesperetin: 12.54mg, Hesperetin: 12.54mg Naringenin: 0.99mg, Naringenin: 0.99mg, Naringenin: 0.99mg, Naringenin: 0.99mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 124.56kcal (6.23%), Fat: 5.43g (8.35%), Saturated Fat: 0.77g (4.79%), Carbohydrates: 4.75g (1.58%), Net Carbohydrates: 3.11g (1.13%), Sugar: 0.62g (0.69%), Cholesterol: 121.71mg (40.57%), Sodium: 91.54mg (3.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.8g (31.61%), Phosphorus: 177.25mg (17.73%), Copper: 0.33mg (16.61%), Vitamin K: 13.24µg (12.61%), Vitamin C: 8.58mg (10.4%), Magnesium: 35.55mg (8.89%), Calcium: 86.76mg (8.68%), Zinc: 1.15mg (7.64%), Potassium: 261.06mg (7.46%), Iron: 1.29mg (7.17%), Vitamin E: 1.07mg (7.16%), Manganese: 0.13mg (6.66%), Fiber: 1.64g (6.57%), Selenium: 1.72µg (2.46%), Vitamin B6: 0.04mg (2.03%), Folate: 7.54µg (1.89%), Vitamin B1: 0.02mg (1.28%)