



Chili-Lime Shrimp Kebabs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 cherry tomatoes
- ☐ 1 teaspoon chili powder
- ☐ 2 cups rice cooked
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon jalapeno minced seeded
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 teaspoon olive oil

- ☐ 1 teaspoon oregano dried
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 12 ounces shrimp

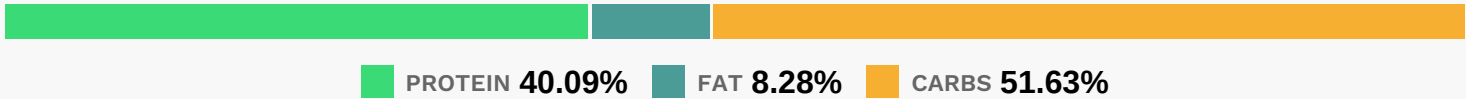
Equipment

- ☐ bowl
- ☐ grill
- ☐ broiler
- ☐ skewers
- ☐ broiler pan

Directions

- ☐ Peel shrimp, leaving tails intact.
- ☐ Combine cilantro and next 8 ingredients (cilantro through garlic) in a bowl; stir well.
- ☐ Add shrimp and tomatoes, tossing to coat. Cover and marinate in refrigerator 1 hour; stir occasionally.
- ☐ Remove shrimp and tomatoes from bowl; reserve marinade.
- ☐ Thread shrimp and tomatoes alternately onto 4 (10-inch) skewers. Prepare grill or broiler.
- ☐ Place kebabs on grill rack or broiler pan coated with cooking spray; cook 3 minutes on each side or until done, basting occasionally with reserved marinade.
- ☐ Serve kebabs with rice.

Nutrition Facts



Properties

Glycemic Index:120, Glycemic Load:48.13, Inflammation Score:-8, Nutrition Score:16.5656521424%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 394.88kcal (19.74%), Fat: 3.63g (5.59%), Saturated Fat: 0.64g (3.98%), Carbohydrates: 51g (17%), Net Carbohydrates: 48.68g (17.7%), Sugar: 2.47g (2.74%), Cholesterol: 273.86mg (91.29%), Sodium: 810.6mg (35.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.6g (79.19%), Manganese: 1.04mg (52.11%), Phosphorus: 462.79mg (46.28%), Copper: 0.86mg (43.07%), Vitamin C: 29.5mg (35.76%), Magnesium: 92.48mg (23.12%), Zinc: 3.27mg (21.79%), Potassium: 735.73mg (21.02%), Selenium: 12.73µg (18.18%), Calcium: 159.99mg (16%), Vitamin A: 764.24IU (15.28%), Vitamin B6: 0.29mg (14.49%), Vitamin K: 13.94µg (13.28%), Iron: 2.33mg (12.96%), Vitamin E: 1.61mg (10.76%), Fiber: 2.32g (9.28%), Vitamin B5: 0.78mg (7.82%), Vitamin B3: 1.29mg (6.47%), Folate: 20.13µg (5.03%), Vitamin B1: 0.07mg (4.73%), Vitamin B2: 0.06mg (3.58%)