



Chipotle Lime Grilled Shrimp

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



35 min.

SERVINGS



4

CALORIES



110 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoons chiles in adobo sauce
- 1 chipotle chilies in adobo chopped
- 1 teaspoon cumin toasted
- 2 cloves garlic chopped
- 2 juice of lime
- 4 servings salt and pepper to taste
- 1 pound shrimp deveined peeled

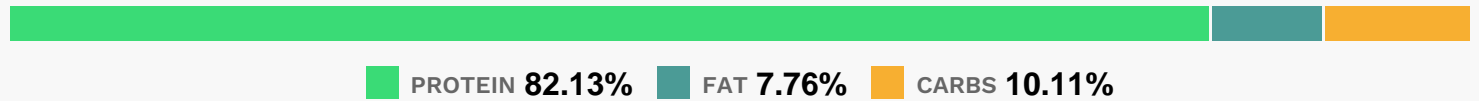
Equipment

- grill
- skewers

Directions

- Marinate the shrimp in the mixture of the remaining ingredients for at least 20 minutes. Skewer the shrimp and grill over medium-high heat until cooked, about 1-3 minutes per side.

Nutrition Facts



Properties

Glycemic Index: 8.75, Glycemic Load: 0.15, Inflammation Score: -1, Nutrition Score: 4.8052174312913%

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 Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 110.14kcal (5.51%), Fat: 0.97g (1.49%), Saturated Fat: 0.16g (1.01%), Carbohydrates: 2.84g (0.95%), Net Carbohydrates: 2.3g (0.84%), Sugar: 0.56g (0.62%), Cholesterol: 182.57mg (60.86%), Sodium: 544.57mg (23.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.07g (46.13%), Phosphorus: 250.04mg (25%), Copper: 0.46mg (22.84%), Magnesium: 43.39mg (10.85%), Zinc: 1.58mg (10.51%), Potassium: 334.25mg (9.55%), Calcium: 83.7mg (8.37%), Vitamin C: 5.08mg (6.16%), Iron: 1.09mg (6.07%), Manganese: 0.08mg (4.12%), Fiber: 0.54g (2.14%), Vitamin B6: 0.03mg (1.32%)