



Citrus-Marinated Smoked Shrimp

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

READY IN



45 min.

SERVINGS



8

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 servings cherry wood chunks
- 1 tablespoon basil fresh chopped
- 1 tablespoon thyme leaves fresh chopped
- 0.3 cup honey
- 2 pounds shrimp fresh unpeeled
- 1 slices garnishes: orange thyme sprigs fresh
- 1 cup orange juice fresh
- 1 teaspoon orange rind grated

2 oranges sliced

Equipment

frying pan

ziploc bags

Directions

Soak wood chunks in water to cover at least 30 minutes.

Devein shrimp, if desired.

Place shrimp in a shallow dish or large heavy-duty zip-top plastic bag. Stir together orange juice and next 4 ingredients; pour over shrimp, stirring to coat. Cover or seal, and chill 1 hour.

Drain, reserving marinade.

Prepare charcoal fire in smoker; let burn 15 to 20 minutes.

Drain chunks, and place on coals.

Place water pan in smoker; add orange slices.

Add water to fill line. Coat rack with cooking spray; place in smoker.

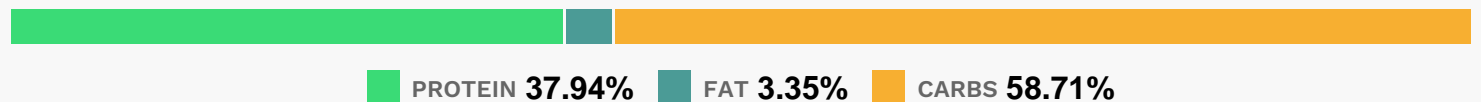
Place shrimp on upper rack; cover with smoker lid. Cook 45 minutes.

Bring marinade to a boil. Reduce heat, and simmer, uncovered, 5 to 7 minutes or until reduced by half.

Serve with shrimp.

Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:41.1, Glycemic Load:11.83, Inflammation Score:-8, Nutrition Score:10.602173837631%

Flavonoids

Cyanidin: 42.29mg, Cyanidin: 42.29mg, Cyanidin: 42.29mg, Cyanidin: 42.29mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg

2.1mg Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 7mg, Epicatechin: 7mg, Epicatechin: 7mg, Epicatechin: 7mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 12.63mg, Hesperetin: 12.63mg, Hesperetin: 12.63mg, Hesperetin: 12.63mg Naringenin: 5.68mg, Naringenin: 5.68mg, Naringenin: 5.68mg, Naringenin: 5.68mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg

Nutrients (% of daily need)

Calories: 247.45kcal (12.37%), Fat: 0.98g (1.51%), Saturated Fat: 0.18g (1.16%), Carbohydrates: 38.53g (12.84%), Net Carbohydrates: 34.55g (12.56%), Sugar: 32.28g (35.87%), Cholesterol: 182.57mg (60.86%), Sodium: 135.79mg (5.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.9g (49.8%), Vitamin C: 44.76mg (54.26%), Phosphorus: 283.6mg (28.36%), Copper: 0.57mg (28.32%), Potassium: 744.31mg (21.27%), Magnesium: 63.8mg (15.95%), Fiber: 3.98g (15.92%), Zinc: 1.7mg (11.33%), Calcium: 112.82mg (11.28%), Manganese: 0.18mg (8.82%), Iron: 1.42mg (7.87%), Folate: 25.63µg (6.41%), Vitamin B1: 0.1mg (6.34%), Vitamin A: 287.04IU (5.74%), Vitamin B6: 0.11mg (5.38%), Vitamin B2: 0.08mg (4.57%), Vitamin B5: 0.43mg (4.32%), Vitamin K: 4.01µg (3.82%), Vitamin B3: 0.47mg (2.34%), Vitamin E: 0.17mg (1.15%)