



Easy Italian Marinated Shrimp

 Gluten Free  Dairy Free

READY IN



135 min.

SERVINGS



10

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup basil fresh chopped
- 2 cloves garlic finely chopped
- 1 tablespoon rosemary leaves fresh chopped
- 2 teaspoons lemon zest fresh grated
- 0.3 teaspoon salt
- 0.3 cup vegetable oil
- 3 tablespoons red wine vinegar
- 1 lb shrimp with tails (31 to 35 count) deveined cooked peeled

1 serving lettuce

Equipment

bowl

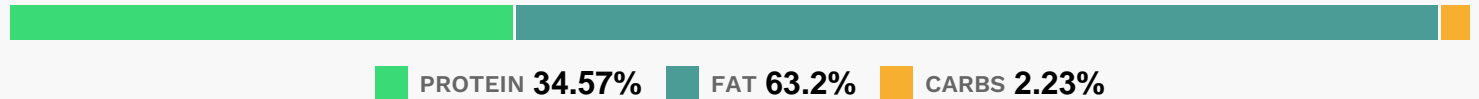
Directions

In medium bowl, mix all ingredients except lettuce. Cover; refrigerate at least 2 hours but no longer than 24 hours to marinate and blend flavors.

Just before serving, stir shrimp.

Drain; serve on lettuce-lined serving plate. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:13.2, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:2.9217391619864%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 106.38kcal (5.32%), Fat: 7.53g (11.58%), Saturated Fat: 1.16g (7.26%), Carbohydrates: 0.6g (0.2%), Net Carbohydrates: 0.4g (0.14%), Sugar: 0.2g (0.22%), Cholesterol: 73.03mg (24.34%), Sodium: 113.57mg (4.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.27g (18.54%), Vitamin K: 18.01µg (17.15%), Phosphorus: 100.64mg (10.06%), Copper: 0.19mg (9.26%), Magnesium: 17.46mg (4.36%), Zinc: 0.64mg (4.25%), Vitamin E: 0.62mg (4.11%), Potassium: 140.22mg (4.01%), Calcium: 34.26mg (3.43%), Manganese: 0.05mg (2.36%), Iron: 0.34mg (1.89%), Vitamin A: 82.43IU (1.65%), Vitamin C: 1.13mg (1.37%)