



Easy Italian Marinated Shrimp

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

READY IN



135 min.

SERVINGS



10

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

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

 **PROTEIN 34.76%**  **FAT 63.99%**  **CARBS 1.25%**

Properties

Glycemic Index:10, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:2.6204347623431%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 105.13kcal (5.26%), Fat: 7.52g (11.57%), Saturated Fat: 1.16g (7.25%), Carbohydrates: 0.33g (0.11%), Net Carbohydrates: 0.24g (0.09%), Sugar: 0.02g (0.03%), Cholesterol: 73.03mg (24.34%), Sodium: 112.68mg (4.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.19g (18.38%), Vitamin K: 15.86µg (15.11%), Phosphorus: 98.86mg (9.89%), Copper: 0.18mg (9.15%), Magnesium: 16.83mg (4.21%), Zinc: 0.62mg (4.16%), Vitamin E: 0.6mg (4%), Potassium: 127.67mg (3.65%), Calcium: 32.65mg (3.27%), Manganese: 0.04mg (1.8%), Iron: 0.3mg (1.69%), Vitamin C: 0.88mg (1.06%)