



WHATSheATE



Easy Italian Marinated Shrimp



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



10

CALORIES



118 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
- ☐ 10 servings lettuce
- ☐ 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

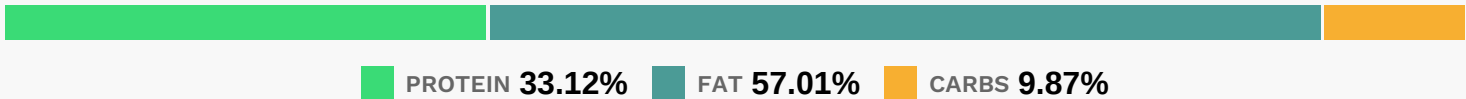
Equipment

☐ 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



Properties

Glycemic Index:13.2, Glycemic Load:0.56, Inflammation Score:-4, Nutrition Score:5.6369565621666%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 117.59kcal (5.88%), Fat: 7.64g (11.76%), Saturated Fat: 1.18g (7.35%), Carbohydrates: 2.98g (0.99%), Net Carbohydrates: 1.81g (0.66%), Sugar: 1.78g (1.98%), Cholesterol: 73.03mg (24.34%), Sodium: 121.58mg (5.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.99g (19.98%), Vitamin K: 37.31µg (35.54%), Phosphorus: 116.66mg (11.67%), Copper: 0.21mg (10.26%), Vitamin A: 484.53IU (9.69%), Manganese: 0.15mg (7.36%), Potassium: 253.16mg (7.23%), Folate: 26.51µg (6.63%), Magnesium: 23.06mg (5.77%), Vitamin E: 0.76mg (5.07%), Zinc: 0.76mg (5.05%), Calcium: 48.67mg (4.87%), Fiber: 1.16g (4.64%), Vitamin C: 3.37mg (4.08%), Iron: 0.67mg (3.71%), Vitamin B1: 0.04mg (2.55%), Vitamin B6: 0.05mg (2.36%), Vitamin B2: 0.02mg (1.41%)