



Gale's Grilled Shrimp

 Gluten Free  Dairy Free

READY IN



135 min.

SERVINGS



4

CALORIES



184 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounce beer canned
- 1 tablespoon garlic minced
- 1.5 pounds shrimp unpeeled

Equipment

- bowl
- whisk
- ziploc bags
- grill pan

Directions

- Whisk the beer and garlic together in a bowl, toss in the shrimp, then pour everything into a resealable plastic bag. Squeeze out excess air, and seal the bag.
- Place the bag into a bowl to catch any leaks, then marinate in the refrigerator for at least 2 hours.
- Heat a cast iron grill pan over medium-high heat until it begins to smoke.
- Remove the shrimp from the marinade, and shake off excess. Discard the remaining marinade. Cook the shrimp until the shells turn pink and they are no longer translucent in the center, about 5 minutes.

Nutrition Facts

PROTEIN 85.99% **FAT 4.89%** **CARBS 9.12%**

Properties

Glycemic Index:17.63, Glycemic Load:1.41, Inflammation Score:-2, Nutrition Score:6.5308696922401%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 184.13kcal (9.21%), Fat: 0.88g (1.35%), Saturated Fat: 0.17g (1.08%), Carbohydrates: 3.68g (1.23%), Net Carbohydrates: 3.64g (1.32%), Sugar: 0.02g (0.02%), Cholesterol: 273.86mg (91.29%), Sodium: 206.16mg (8.96%), Alcohol: 3.32g (100%), Alcohol %: 1.63% (100%), Protein: 34.71g (69.42%), Phosphorus: 378.97mg (37.9%), Copper: 0.68mg (33.77%), Magnesium: 65.14mg (16.28%), Zinc: 2.31mg (15.41%), Potassium: 480.04mg (13.72%), Calcium: 115.88mg (11.59%), Iron: 0.94mg (5.2%), Manganese: 0.1mg (4.82%), Vitamin B6: 0.06mg (3.2%), Vitamin B3: 0.45mg (2.25%), Vitamin B2: 0.02mg (1.38%), Folate: 5.16µg (1.29%), Selenium: 0.79µg (1.13%)