



Ginger-Lime Marinated Shrimp Kebabs with Grilled Flank Steak and Cilantro Butter



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 large cherry tomatoes
- ☐ 4 servings grilled flank steak and cilantro butter
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 teaspoon ginger fresh grated
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 teaspoons lime rind grated

- ☐ 4 servings lime wedges
- ☐ 1 tablespoon olive oil
- ☐ 1 onion red cut into pieces
- ☐ 0.3 teaspoon salt
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 bell pepper green yellow cut into 1-inch pieces

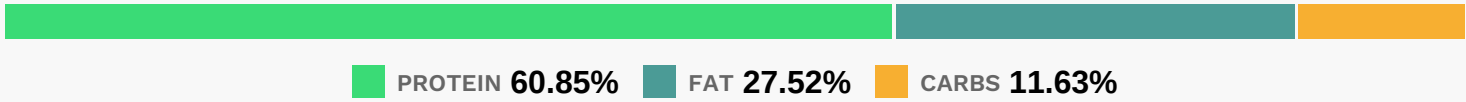
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ Combine first 6 ingredients in a bowl.
- ☐ Thread shrimp, tomatoes, onion, and bell pepper on 4 (12-inch) skewers.
- ☐ Place kebabs in a shallow dish; brush with marinade. Cover and refrigerate 1 hour.
- ☐ Remove kebabs from marinade, and discard marinade. Grill kebabs over high heat (400 to 50
- ☐ to 6 minutes or just until shrimp are opaque, turning once.
- ☐ Sprinkle with salt and serve with lime wedges and Grilled Flank Steak and Cilantro Butter.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:0.86, Inflammation Score:-6, Nutrition Score:17.672608541406%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 2.22mg, Hesperetin: 2.22mg, Hesperetin: 2.22mg, Hesperetin: 2.22mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg

1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg
Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.81mg, Quercetin:
6.81mg, Quercetin: 6.81mg, Quercetin: 6.81mg

Nutrients (% of daily need)

Calories: 276.97kcal (13.85%), Fat: 8.49g (13.06%), Saturated Fat: 2.4g (15.01%), Carbohydrates: 8.07g (2.69%), Net
Carbohydrates: 6.58g (2.39%), Sugar: 3.46g (3.85%), Cholesterol: 233.57mg (77.86%), Sodium: 333.76mg (14.51%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.24g (84.48%), Vitamin C: 43.25mg (52.42%), Phosphorus:
447.62mg (44.76%), Selenium: 25.71µg (36.73%), Vitamin B6: 0.68mg (34.02%), Zinc: 4.97mg (33.11%), Copper:
0.59mg (29.28%), Vitamin B3: 5.78mg (28.9%), Potassium: 821.55mg (23.47%), Magnesium: 70.68mg (17.67%), Iron:
2.48mg (13.79%), Vitamin B12: 0.77µg (12.89%), Calcium: 111.17mg (11.12%), Manganese: 0.2mg (10.12%), Vitamin E:
1.2mg (7.98%), Vitamin B1: 0.12mg (7.79%), Vitamin A: 382.21IU (7.64%), Vitamin B2: 0.13mg (7.62%), Vitamin K:
7.62µg (7.25%), Vitamin B5: 0.7mg (6.99%), Folate: 27.78µg (6.94%), Fiber: 1.49g (5.98%)