



Ginger-Marinated Shrimp



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup mint leaves fresh
- ☐ 1 tablespoon ginger grated
- ☐ 1 tablespoon grapefruit juice
- ☐ 1 tablespoon lime grated
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 pound shrimp cooked

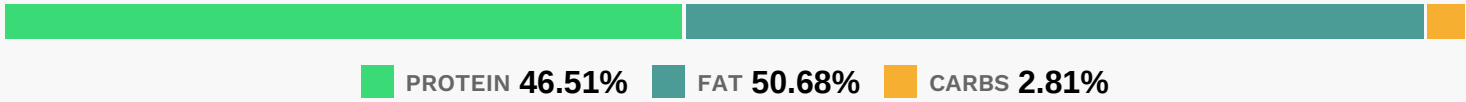
Equipment

☐ bowl

Directions

- ☐ Chop the mint.
- ☐ Combine it in a medium bowl with the grapefruit zest, grapefruit juice, ginger, olive oil, and salt. Stir in the shrimp and marinate for 10 minutes in the refrigerator before serving.

Nutrition Facts



Properties

Glycemic Index:7.88, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:2.6665217434259%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg

Nutrients (% of daily need)

Calories: 97.5kcal (4.88%), Fat: 5.56g (8.56%), Saturated Fat: 0.79g (4.92%), Carbohydrates: 0.69g (0.23%), Net Carbohydrates: 0.48g (0.18%), Sugar: 0.25g (0.28%), Cholesterol: 91.29mg (30.43%), Sodium: 213.55mg (9.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.49g (22.98%), Phosphorus: 122.96mg (12.3%), Copper: 0.23mg (11.45%), Magnesium: 21.65mg (5.41%), Zinc: 0.78mg (5.22%), Vitamin E: 0.76mg (5.07%), Potassium: 165.64mg (4.73%), Calcium: 41.14mg (4.11%), Vitamin K: 3.16µg (3.01%), Vitamin C: 1.96mg (2.38%), Iron: 0.42mg (2.31%), Manganese: 0.04mg (1.88%), Vitamin A: 60.24IU (1.2%)