



Ginger-Soy-Lime Marinated Shrimp

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



518 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 inch ginger fresh peeled chopped
- ☐ 4 cloves garlic smashed
- ☐ 0.3 cup green onions chopped
- ☐ 0.3 teaspoon coarsely ground pepper black
- ☐ 0.5 cup juice of lime fresh
- ☐ 0.3 cup vegetable oil; peanut oil preferred
- ☐ 2 large shallots peeled chopped
- ☐ 2 pounds shrimp

- ☐ 0.8 cup soya sauce gluten-free (, if desired)
- ☐ 2 tablespoons sugar

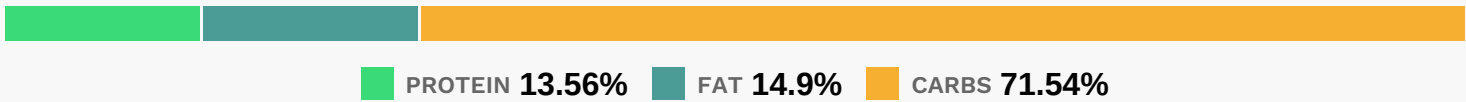
Equipment

- ☐ bowl
- ☐ blender
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Place shallots, ginger, garlic, soy, lime juice, and sugar in a blender and blend until smooth.
- ☐ Add the green onion and oil and blend until combined. Season with black pepper, to taste.
- ☐ Place shrimp in a large bowl, pour the marinade over, and let marinate at room temperature for 20 minutes.
- ☐ Preheat a grill to high.
- ☐ Remove shrimp from the marinade and grill for 1 1/2 to 2 minutes per side.
- ☐ Serve on brown paper bags, if desired.

Nutrition Facts



Properties

Glycemic Index:33.26, Glycemic Load:36.78, Inflammation Score:-5, Nutrition Score:15.518695750962%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 518.05kcal (25.9%), Fat: 8.54g (13.14%), Saturated Fat: 1.47g (9.16%), Carbohydrates: 92.27g (30.76%), Net Carbohydrates: 88.05g (32.02%), Sugar: 7.26g (8.06%), Cholesterol: 0mg (0%), Sodium: 1223.84mg (53.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.48g (34.97%), Selenium: 72.2µg (103.14%), Manganese: 1.21mg (60.58%), Phosphorus: 252.61mg (25.26%), Copper: 0.38mg (18.94%), Magnesium: 73.18mg (18.3%), Fiber: 4.23g (16.91%), Vitamin B3: 2.86mg (14.31%), Vitamin B6: 0.26mg (12.77%), Iron: 2.17mg (12.07%), Zinc: 1.77mg (11.78%), Potassium: 360.35mg (10.3%), Vitamin B1: 0.13mg (8.51%), Vitamin E: 1.24mg (8.29%), Folate: 30.21µg (7.55%), Vitamin C: 6.18mg (7.49%), Vitamin K: 6.9µg (6.57%), Vitamin B2: 0.11mg (6.47%), Vitamin B5: 0.62mg (6.23%), Calcium: 38.15mg (3.81%)