



Grilled Cilantro and Pistachio Pesto Shrimp Skewers

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings cabbage slaw
- ☐ 1 cup lightly cilantro sprigs packed
- ☐ 4 servings flour tortillas warmed
- ☐ 0.1 teaspoon ground coriander
- ☐ 2 limes
- ☐ 0.3 cup olive oil
- ☐ 0.3 teaspoon salt

- ☐ 1 pound shrimp deveined peeled per lb.), and
- ☐ 0.5 cup pistachios unsalted toasted

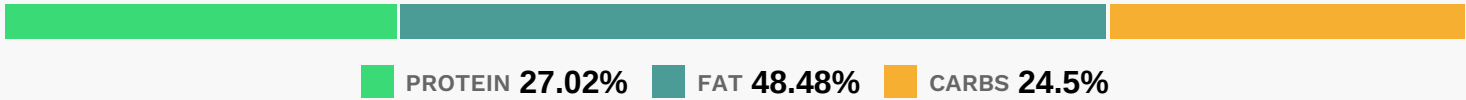
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill
- ☐ metal skewers

Directions

- ☐ Heat grill to high (450 to 550). Put cilantro, oil, and zest and juice from 1 lime in a food processor. Pulse a few times, just until leaves are chopped.
- ☐ Add salt, coriander, and pistachios and process until smooth, scraping inside of bowl as needed.
- ☐ Mix shrimp and pesto in a medium bowl, tossing well to coat evenly. Thread shrimp onto metal skewers and grill until pink, turning once, about 2 minutes on each side.
- ☐ Serve with slaw, tortillas, and remaining lime, cut into wedges.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:6.53, Inflammation Score:-6, Nutrition Score:19.239565237709%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 424.13kcal (21.21%), Fat: 23.69g (36.44%), Saturated Fat: 3.75g (23.46%), Carbohydrates: 26.93g (8.98%), Net Carbohydrates: 21.47g (7.81%), Sugar: 5.14g (5.72%), Cholesterol: 182.57mg (60.86%), Sodium: 517.41mg (22.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.71g (59.41%), Vitamin K: 78.12µg (74.4%), Vitamin C: 36.92mg (44.75%), Phosphorus: 402.99mg (40.3%), Copper: 0.72mg (35.89%), Manganese: 0.51mg (25.5%), Fiber: 5.46g (21.84%), Vitamin B1: 0.31mg (20.89%), Potassium: 667.13mg (19.06%), Magnesium: 74.71mg (18.68%), Folate: 71.3µg (17.83%), Calcium: 175.23mg (17.52%), Vitamin E: 2.56mg (17.04%), Iron: 2.99mg (16.59%), Vitamin B6: 0.3mg (14.85%), Zinc: 2.22mg (14.83%), Selenium: 8.62µg (12.32%), Vitamin B2: 0.16mg (9.53%), Vitamin B3: 1.81mg (9.07%), Vitamin A: 395.09IU (7.9%), Vitamin B5: 0.37mg (3.72%)