



Grilled Garlic and Herb Shrimp



Gluten Free



Dairy Free



Popular

READY IN



135 min.

SERVINGS



4

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar packed
- ☐ 2 teaspoons basil leaves dried
- ☐ 2 tablespoons garlic fresh minced
- ☐ 2 teaspoons ground paprika
- ☐ 0.5 teaspoon ground pepper black
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil
- ☐ 2 teaspoons seasoning blend italian

☐ 2 pounds shrimp deveined peeled per pound, and

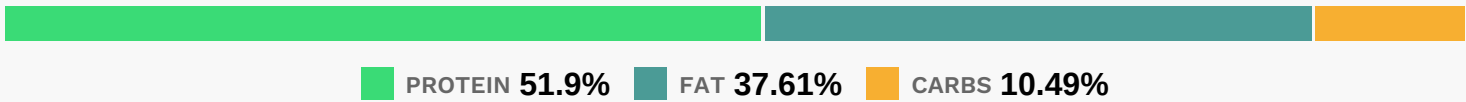
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Whisk the paprika, garlic, Italian seasoning, lemon juice, olive oil, pepper, basil, and brown sugar together in a bowl until thoroughly blended. Stir in the shrimp, and toss to evenly coat with the marinade. Cover and refrigerate at least 2 hours, turning once.
- ☐ Preheat an outdoor grill for medium-high heat. Lightly oil grill grate, and place about 4 inches from heat source.
- ☐ Remove shrimp from marinade, drain excess, and discard marinade.
- ☐ Place shrimp on preheated grill and cook, turning once, until opaque in the center, 5 to 6 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.44, Inflammation Score:-4, Nutrition Score:12.098695653936%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 349.79kcal (17.49%), Fat: 14.89g (22.92%), Saturated Fat: 2.15g (13.44%), Carbohydrates: 9.36g (3.12%), Net Carbohydrates: 8.22g (2.99%), Sugar: 6.2g (6.89%), Cholesterol: 365.14mg (121.71%), Sodium: 273.95mg (11.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.25g (92.49%), Phosphorus: 498.69mg (49.87%), Copper: 0.93mg (46.5%), Vitamin K: 24.2µg (23.04%), Magnesium: 89.83mg (22.46%), Zinc: 3.2mg (21.33%), Potassium: 682.49mg (19.5%), Calcium: 188.52mg (18.85%), Vitamin E: 2.49mg (16.59%), Manganese: 0.29mg (14.66%), Iron: 2.42mg (13.47%), Vitamin A: 515.45IU (10.31%), Vitamin C: 4.19mg (5.07%), Vitamin B6: 0.09mg (4.74%), Fiber: 1.13g (4.53%), Vitamin B2: 0.03mg (1.74%), Folate: 6.13µg (1.53%), Selenium: 0.78µg (1.12%), Vitamin B3: 0.22mg (1.08%), Vitamin B1: 0.02mg (1.04%)