

 22%
HEALTH SCORE

Grilled Garlicky-Herbed Shrimp

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



189 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon pepper flakes
- 0.3 cup olive oil extra virgin
- 3 tablespoons coriander leaves chopped (cilantro)
- 4 servings garlic minced
- 20 jumbo shells
- 1 tablespoon lemon zest
- 3 tablespoons parsley chopped

Equipment

bowl

grill

Directions

Combine all ingredients except shrimp in a large bowl.

Add shrimp and toss to combine making sure all parts of the shrimp is coated in the marinade. Refrigerate 4 hours or overnight. Preheat grill on medium heat.

Place shrimp on grill and cook, turning once, until pink about 5 minutes. The Culinary Chases
Note: Want a Mediterranean feel?

Serve the shrimp with a roasted red pepper salad. Enjoy!

Nutrition Facts

 **PROTEIN 2.71%** **FAT 84.77%** **CARBS 12.52%**

Properties

Glycemic Index:37.25, Glycemic Load:1.85, Inflammation Score:-4, Nutrition Score:7.6478260869565%

Flavonoids

Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Taste

Sweetness: 4.61%, Saltiness: 1.41%, Sourness: 10.43%, Bitterness: 8.24%, Savoriness: 5.94%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 188.61kcal (9.43%), Fat: 18.2g (27.99%), Saturated Fat: 2.51g (15.67%), Carbohydrates: 6.05g (2.02%), Net Carbohydrates: 5.39g (1.96%), Sugar: 0.43g (0.47%), Cholesterol: 0mg (0%), Sodium: 6.22mg (0.27%), Protein: 1.31g (2.61%), Vitamin K: 80.66µg (76.82%), Vitamin C: 17.16mg (20.8%), Vitamin E: 2.65mg (17.67%), Manganese: 0.2mg (9.92%), Vitamin A: 353.39IU (7.07%), Iron: 1.06mg (5.91%), Selenium: 4.05µg (5.78%), Magnesium: 15.82mg (3.96%), Vitamin B6: 0.07mg (3.25%), Potassium: 113.4mg (3.24%), Calcium: 31.68mg (3.17%), Copper: 0.06mg (2.88%), Fiber: 0.66g (2.62%), Folate: 10.14µg (2.54%), Phosphorus: 23.71mg (2.37%), Vitamin B1: 0.03mg (2.24%), Vitamin B2: 0.03mg (2%), Vitamin B3: 0.33mg (1.64%), Zinc: 0.22mg (1.43%)