



## Grilled Ginger-Lime Shrimp



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



192 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 0.5 teaspoon sesame oil dark
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 2 tablespoons ginger fresh peeled chopped
- ☐ 4 garlic cloves chopped
- ☐ 0.3 cup green onions thinly sliced
- ☐ 1 jalapeno seeded chopped
- ☐ 1 tablespoon juice of lime fresh

- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds shrimp deveined peeled 32 shrimp

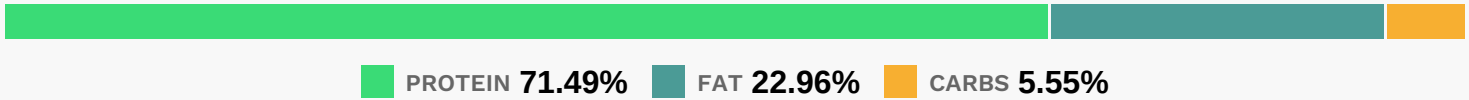
Equipment

- ☐ food processor
- ☐ grill
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ Combine the first 9 ingredients in a food processor, and process until coarsely chopped.
- ☐ Combine cilantro mixture and shrimp in a large zip-top plastic bag; seal and shake well. Refrigerate 30 minutes.
- ☐ Prepare grill.
- ☐ Remove shrimp from bag; discard marinade. Thread 4 shrimp on each of 8 (8-inch) skewers.
- ☐ Place shrimp skewers on a grill rack coated with cooking spray; grill 5 minutes or until done, turning once.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:0.5, Inflammation Score:-3, Nutrition Score:8.5391305555468%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 191.63kcal (9.58%), Fat: 4.95g (7.61%), Saturated Fat: 0.52g (3.22%), Carbohydrates: 2.69g (0.9%), Net Carbohydrates: 2.23g (0.81%), Sugar: 0.46g (0.51%), Cholesterol: 273.86mg (91.29%), Sodium: 496.17mg (21.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.65g (69.3%), Phosphorus: 374.5mg (37.45%), Copper: 0.69mg (34.72%), Vitamin K: 22.43µg (21.36%), Magnesium: 64.39mg (16.1%), Zinc: 2.37mg (15.79%), Potassium: 516.41mg (14.75%), Calcium: 121.82mg (12.18%), Vitamin C: 8.1mg (9.82%), Manganese: 0.14mg (6.88%), Iron: 1.1mg (6.11%), Vitamin E: 0.85mg (5.66%), Vitamin A: 237.15IU (4.74%), Vitamin B6: 0.07mg (3.28%), Fiber: 0.46g (1.86%), Folate: 7.03µg (1.76%)