



Grilled Honey-Herb Shrimp



Gluten Free



Dairy Free

READY IN



95 min.

SERVINGS



8

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup honey
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup spring onion finely chopped (4 medium)
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 2 tablespoons thyme sprigs fresh chopped
- ☐ 2 teaspoons lime zest fresh grated
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 teaspoon salt

- ☐ 1 lb shrimp deveined uncooked peeled
- ☐ 1 slices optional: lemon halved
- ☐ 8 bamboo skewers (5 or 6 inch)

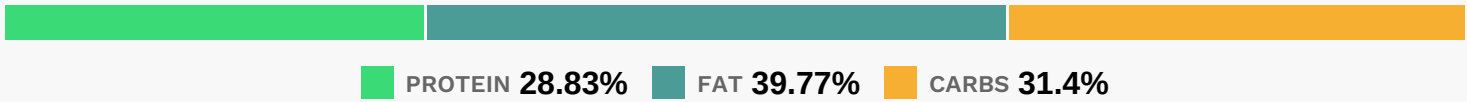
Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ In 1-gallon resealable food-storage plastic bag, mix all ingredients except shrimp and skewers.
- ☐ Add shrimp to bag. Seal bag; turn to coat shrimp.
- ☐ Place bag in large bowl. Refrigerate at least 1 hour to marinate but no longer than 8 hours.
- ☐ Soak skewers in water 30 minutes to prevent burning. Meanwhile, heat gas or charcoal grill.
- ☐ Drain shrimp; discard marinade. Thread 3 shrimp and 3 lemon slices on each skewer, leaving 1/4-inch space between each shrimp.
- ☐ Place shrimp on grill over medium heat. Cover grill; cook 5 to 7 minutes, turning once, until shrimp are pink.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:31.35, Glycemic Load:6.25, Inflammation Score:-9, Nutrition Score:5.2169564606055%

Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 3.28mg, Apigenin: 3.28mg, Apigenin: 3.28mg, Apigenin: 3.28mg Luteolin: 0.82mg,

Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 155.73kcal (7.79%), Fat: 7.16g (11.01%), Saturated Fat: 1.1g (6.93%), Carbohydrates: 12.72g (4.24%), Net Carbohydrates: 12.25g (4.46%), Sugar: 11.76g (13.07%), Cholesterol: 91.29mg (30.43%), Sodium: 215.01mg (9.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.68g (23.35%), Vitamin K: 43.61µg (41.53%), Phosphorus: 126.52mg (12.65%), Copper: 0.24mg (12.19%), Vitamin C: 6.64mg (8.05%), Magnesium: 24.6mg (6.15%), Zinc: 0.86mg (5.73%), Potassium: 189.36mg (5.41%), Calcium: 49.37mg (4.94%), Vitamin A: 242.17IU (4.84%), Iron: 0.81mg (4.53%), Vitamin E: 0.6mg (3.99%), Manganese: 0.07mg (3.5%), Fiber: 0.46g (1.86%), Folate: 5.7µg (1.43%), Vitamin B2: 0.02mg (1.08%)