



Grilled Jumbo Shrimp with Lemon and Oregano



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



6

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 4 large garlic cloves
- ☐ 3 lb shrimp in shell (per pound)
- ☐ 5 tablespoons juice of lemon (fresh)
- ☐ 3 lemons (cut into 6 wedges)
- ☐ 0.8 cup olive oil
- ☐ 0.3 cup oregano (fresh finely chopped (from 1 bunch))

- ☐ 0.8 teaspoon salt

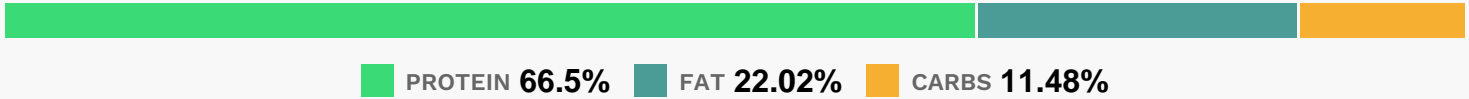
Equipment

- ☐ bowl
- ☐ knife
- ☐ blender
- ☐ grill
- ☐ mortar and pestle
- ☐ grill pan

Directions

- ☐ Snip through shells of shrimp along middle of back using kitchen shears, exposing vein and leaving tail and adjoining segment of shell intact. Devein shrimp, leaving shells in place.
- ☐ Mince and mash garlic to a paste with salt using a large heavy knife or a mortar and pestle.
- ☐ Transfer to a blender along with lemon juice and pepper and blend until smooth. With motor running, add oil in a slow stream, blending until emulsified.
- ☐ Transfer dressing to a bowl and stir in chopped oregano.
- ☐ Prepare grill for cooking over direct heat with medium-hot charcoal (moderate heat for gas).
- ☐ Toss shrimp with 1/4 cup dressing in a large bowl and marinate no more than 15 minutes. (Texture of shrimp will change if marinated too long.)
- ☐ Lightly brush lemon wedges with some of remaining dressing and grill, turning over once, until grill marks appear, 3 to 5 minutes.
- ☐ Transfer to a large platter.
- ☐ Grill shrimp on lightly oiled grill rack (covered only if using a gas grill), turning over once, until just cooked through, 7 to 8 minutes total.
- ☐ Transfer to platter with lemons as grilled.
- ☐ Serve with remaining dressing.
- ☐ If you aren't able to grill outdoors, preheat a lightly oiled well-seasoned large (2-burner) cast-iron grill pan over moderate heat until hot but not smoking, then cook lemon wedges and shrimp (in batches if necessary) in same manner as above.

Nutrition Facts



Properties

Glycemic Index:15.42, Glycemic Load:1.13, Inflammation Score:-9, Nutrition Score:12.901739221552%

Flavonoids

Eriodictyol: 12.14mg, Eriodictyol: 12.14mg, Eriodictyol: 12.14mg, Eriodictyol: 12.14mg Hesperetin: 16.87mg, Hesperetin: 16.87mg, Hesperetin: 16.87mg, Hesperetin: 16.87mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 267.62kcal (13.38%), Fat: 6.85g (10.54%), Saturated Fat: 1.04g (6.47%), Carbohydrates: 8.04g (2.68%), Net Carbohydrates: 5.56g (2.02%), Sugar: 1.77g (1.96%), Cholesterol: 365.14mg (121.71%), Sodium: 562.76mg (24.47%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 46.55g (93.1%), Phosphorus: 501.27mg (50.13%), Copper: 0.93mg (46.49%), Vitamin C: 34.13mg (41.37%), Magnesium: 90.64mg (22.66%), Zinc: 3.16mg (21.05%), Potassium: 721.69mg (20.62%), Calcium: 196.47mg (19.65%), Vitamin K: 15.99µg (15.23%), Iron: 2.33mg (12.96%), Manganese: 0.25mg (12.39%), Fiber: 2.48g (9.93%), Vitamin E: 1.25mg (8.31%), Vitamin B6: 0.1mg (4.76%), Folate: 13.27µg (3.32%), Vitamin B1: 0.03mg (2.15%), Vitamin B5: 0.15mg (1.52%), Vitamin B2: 0.03mg (1.51%)