



Grilled Lemon-Pesto Shrimp and Scallops



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



6

CALORIES



157 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 lb shrimp frozen thawed deveined uncooked peeled



1 lb scallops uncooked



0.3 cup basil pesto refrigerated (from 7-oz container)



1 teaspoon lemon zest grated



0.3 teaspoon salt



0.3 teaspoon pepper

Equipment



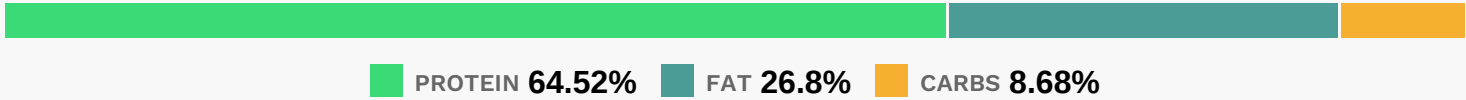
bowl

- ☐ grill
- ☐ wok

Directions

- ☐ Heat coals or gas grill for direct heat. In large bowl, mix all ingredients.
- ☐ Place seafood mixture in grill basket (grill “wok”).
- ☐ Cover and grill seafood mixture over medium heat 10 to 12 minutes, shaking basket or stirring seafood mixture occasionally, until shrimp are pink and firm and scallops are white.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:6.5982609291601%

Nutrients (% of daily need)

Calories: 156.78kcal (7.84%), Fat: 4.58g (7.05%), Saturated Fat: 0.84g (5.22%), Carbohydrates: 3.34g (1.11%), Net Carbohydrates: 3.12g (1.13%), Sugar: 0.35g (0.38%), Cholesterol: 140.68mg (46.89%), Sodium: 579.86mg (25.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.82g (49.64%), Phosphorus: 414.45mg (41.45%), Vitamin B12: 1.07µg (17.77%), Copper: 0.31mg (15.72%), Selenium: 9.68µg (13.83%), Zinc: 1.7mg (11.35%), Magnesium: 43.29mg (10.82%), Potassium: 356.22mg (10.18%), Calcium: 70.43mg (7.04%), Vitamin A: 211.21IU (4.22%), Iron: 0.75mg (4.18%), Folate: 12.15µg (3.04%), Vitamin B6: 0.06mg (2.8%), Vitamin B3: 0.53mg (2.67%), Manganese: 0.05mg (2.43%), Vitamin B5: 0.16mg (1.65%)