



Grilled Lemon Shrimp with Squash

 Dairy Free  Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons honey
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.3 cup juice of lemon
- ☐ 1 teaspoon rosemary dried fresh crumbled chopped
- ☐ 1 pound shells fresh uncooked
- ☐ 2 medium zucchini cut into 1-inch slices
- ☐ 2 medium to 3 sized squashes yellow cut into 1-inch slices
- ☐ 1 small bell pepper cut into 1-inch wedges

☐ 1 small optional: lemon cut into wedges

Equipment

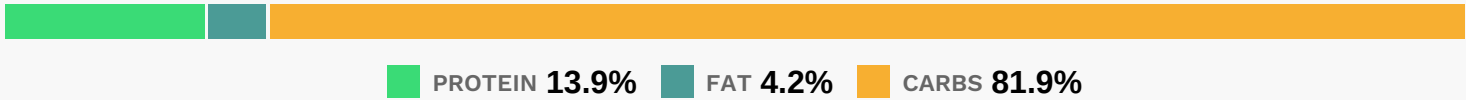
☐ grill

☐ ziploc bags

Directions

- ☐ In shallow glass or plastic dish or resealable food-storage plastic bag, mix all Lemon-Rosemary Marinade ingredients.
- ☐ Add shrimp, zucchini, yellow squash and bell pepper to marinade; stir to coat. Cover dish or seal bag and refrigerate 15 to 30 minutes, stirring occasionally.
- ☐ Heat coals or gas grill for direct heat.
- ☐ Remove shrimp and vegetables from marinade; discard marinade.
- ☐ Place shrimp and vegetables in grill basket.
- ☐ Cover and grill shrimp and vegetables 4 to 5 inches from medium heat 12 to 14 minutes or until shrimp are pink and firm and vegetables are tender. To serve, peel shrimp.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:67.19, Glycemic Load:40.25, Inflammation Score:-8, Nutrition Score:25.056956415591%

Flavonoids

Eriodictyol: 6.51mg, Eriodictyol: 6.51mg, Eriodictyol: 6.51mg, Eriodictyol: 6.51mg Hesperetin: 9.74mg, Hesperetin: 9.74mg, Hesperetin: 9.74mg, Hesperetin: 9.74mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 501.28kcal (25.06%), Fat: 2.38g (3.66%), Saturated Fat: 0.47g (2.93%), Carbohydrates: 104.44g (34.81%), Net Carbohydrates: 97.48g (35.45%), Sugar: 18.11g (20.12%), Cholesterol: 0mg (0%), Sodium: 18.5mg (0.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.73g (35.46%), Selenium: 72.29µg (103.27%), Vitamin C: 78.81mg (95.52%), Manganese: 1.42mg (71.22%), Vitamin B6: 0.62mg (31.03%), Phosphorus: 299.65mg (29.96%), Fiber: 6.96g (27.85%), Magnesium: 100.04mg (25.01%), Potassium: 863.92mg (24.68%), Copper: 0.45mg (22.48%), Folate: 87.23µg (21.81%), Vitamin A: 979.12IU (19.58%), Vitamin B2: 0.33mg (19.25%), Vitamin B3: 3.08mg (15.42%), Zinc: 2.29mg (15.28%), Vitamin B1: 0.22mg (14.54%), Iron: 2.49mg (13.83%), Vitamin B5: 0.98mg (9.79%), Vitamin K: 8.17µg (7.78%), Calcium: 65.04mg (6.5%), Vitamin E: 0.72mg (4.78%)