



Grilled Marinated Shrimp



Gluten Free



Dairy Free

READY IN



160 min.

SERVINGS



6

CALORIES



202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 1 teaspoon ground pepper black
- ☐ 1 juice of lemon juiced
- ☐ 1 cup olive oil
- ☐ 2 teaspoons oregano dried
- ☐ 2 tablespoons pepper sauce hot
- ☐ 1 teaspoon salt

- ☐ 2 pounds shrimp with tails attached deveined peeled
- ☐ 1 tablespoon tomato paste

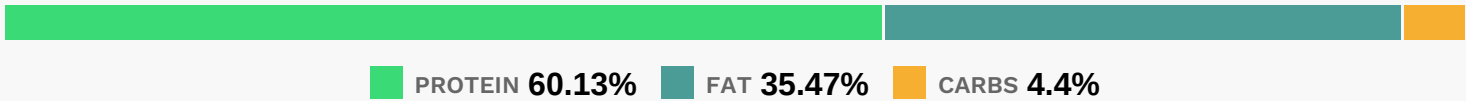
Equipment

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

Directions

- ☐ In a mixing bowl, mix together olive oil, parsley, lemon juice, hot sauce, garlic, tomato paste, oregano, salt, and black pepper. Reserve a small amount for basting later.
- ☐ Pour remaining marinade into a large resealable plastic bag with shrimp. Seal, and marinate in the refrigerator for 2 hours.
- ☐ Preheat grill for medium-low heat. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard marinade.
- ☐ Lightly oil grill grate. Cook shrimp for 5 minutes per side, or until opaque, basting frequently with reserved marinade.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.39, Inflammation Score:-7, Nutrition Score:9.4799999620603%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 201.67kcal (10.08%), Fat: 8.08g (12.43%), Saturated Fat: 1.17g (7.33%), Carbohydrates: 2.25g (0.75%), Net Carbohydrates: 1.63g (0.59%), Sugar: 0.57g (0.63%), Cholesterol: 243.43mg (81.14%), Sodium: 705.18mg (30.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.81g (61.62%), Vitamin K: 50.46µg (48.06%), Phosphorus: 331.91mg (33.19%), Copper: 0.62mg (31%), Magnesium: 58.56mg (14.64%), Zinc: 2.12mg (14.11%), Potassium: 470.44mg (13.44%), Calcium: 116.97mg (11.7%), Vitamin C: 9.57mg (11.6%), Vitamin E: 1.31mg (8.73%), Manganese: 0.17mg (8.33%), Iron: 1.39mg (7.74%), Vitamin A: 271.89IU (5.44%), Fiber: 0.62g (2.48%), Vitamin B6: 0.04mg (2.18%), Folate: 7.06µg (1.77%)