



Grilled Oregano Shrimp



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup olive oil
- ☐ 2 teaspoons oregano dried crumbled
- ☐ 4 servings tomatoes with feta, tomatoes, and dill
- ☐ 1 small onion red
- ☐ 1 pound shrimp deveined peeled

Equipment

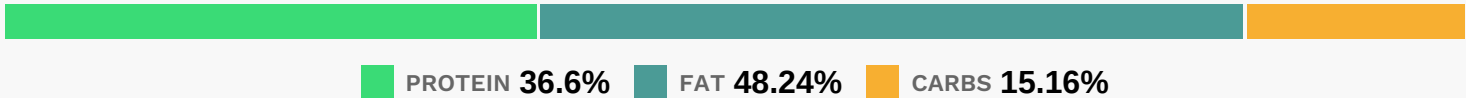
- ☐ bowl
- ☐ grill

- ☐ skewers
- ☐ grill pan

Directions

- ☐ Prepare grill for direct-heat cooking over medium-hot charcoal (medium-high heat for gas); see Grilling Procedure.
- ☐ Stir together oil, oregano, and 3/4 teaspoon each of salt and pepper in a bowl.
- ☐ Cut onion lengthwise into 3/4-inch wedges and separate layers. Toss shrimp and onion with oil mixture, then thread 6 shrimp onto each skewer, alternating with single layers of onion.
- ☐ Grill shrimp, covered only if using a gas grill, turning once, until just cooked through, 3 to 4 minutes total.
- ☐ Shrimp can be cooked in a hot lightly oiled large (2-burner) ridged grill pan, about 6 minutes.
- ☐ Per serving: 173 calories, 14g fat (2g saturated), 64mg cholesterol, 499mg sodium, 3g carbohydrates, 1g fiber, 9g protein
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:2.42, Inflammation Score:-9, Nutrition Score:13.156956475714%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 6.63mg, Quercetin: 6.63mg, Quercetin: 6.63mg, Quercetin: 6.63mg

Nutrients (% of daily need)

Calories: 261.78kcal (13.09%), Fat: 14.51g (22.32%), Saturated Fat: 2.06g (12.84%), Carbohydrates: 10.26g (3.42%), Net Carbohydrates: 7.21g (2.62%), Sugar: 5.94g (6.6%), Cholesterol: 182.57mg (60.86%), Sodium: 145.56mg (6.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.77g (49.54%), Vitamin C: 26.72mg (32.39%),

Vitamin A: 1516.96IU (30.34%), Phosphorus: 295.33mg (29.53%), Copper: 0.57mg (28.33%), Vitamin K: 28.67µg (27.31%), Potassium: 778.86mg (22.25%), Vitamin E: 3.1mg (20.69%), Manganese: 0.33mg (16.4%), Magnesium: 64.94mg (16.23%), Zinc: 1.9mg (12.66%), Fiber: 3.05g (12.21%), Calcium: 113mg (11.3%), Vitamin B6: 0.19mg (9.37%), Iron: 1.58mg (8.76%), Folate: 34.6µg (8.65%), Vitamin B3: 1.15mg (5.74%), Vitamin B1: 0.08mg (5.4%), Vitamin B2: 0.05mg (2.76%), Vitamin B5: 0.2mg (2.03%)