



## Grilled Rosemary Shrimp Skewers

 **Gluten Free**  **Dairy Free**

READY IN



31 min.

SERVINGS



6

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 servings bamboo skewers for 30 minutes
- 1 tablespoon chives fresh thinly sliced
- 2 tablespoons rosemary leaves fresh plus more for garnish chopped
- 3 cloves garlic finely chopped
- 0.5 juice of lemon juiced
- 1 cup mayonnaise
- 0.3 cup olive oil
- 1 pinch pepper flakes red

- 1 head roasted garlic
- 1 pinch salt and pepper freshly ground
- 1 pound shrimp deveined peeled (16 to 20 shrimp to the pound)

## Equipment

- food processor
- bowl
- grill
- skewers
- grill pan

## Directions

- In a food processor blend together the garlic, mayonnaise and lemon juice.
- Remove to a small serving bowl and stir in the chives.
- Heat a cast-iron grill pan.
- Add the garlic, rosemary, olive oil, lemon juice, red pepper flakes, salt and pepper together in a large bowl.
- Add the shrimp and toss to coat.
- Let the shrimp sit at room temperature 15 minutes.
- For the grilled rosemary shrimp: Skewer the shrimp on the bamboo skewers, about 3 per skewer. Grill the shrimp until cooked through, about 3 minutes on each side.
- Place the skewers on the platter and garnish with rosemary sprigs.
- Serve the shrimp with the roasted garlic dipping sauce.

## Nutrition Facts

  

 **PROTEIN 14.62%**  **FAT 82.98%**  **CARBS 2.4%**

## Properties

Glycemic Index:31.17, Glycemic Load:0.69, Inflammation Score:-2, Nutrition Score:7.7669566416222%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## **Nutrients (% of daily need)**

Calories: 435.2kcal (21.76%), Fat: 40.4g (62.15%), Saturated Fat: 6.13g (38.3%), Carbohydrates: 2.63g (0.88%), Net Carbohydrates: 2.36g (0.86%), Sugar: 0.37g (0.41%), Cholesterol: 137.39mg (45.8%), Sodium: 335.33mg (14.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.01g (32.03%), Vitamin K: 69.26µg (65.97%), Vitamin E: 2.97mg (19.83%), Phosphorus: 180.29mg (18.03%), Copper: 0.33mg (16.28%), Zinc: 1.16mg (7.72%), Magnesium: 29.41mg (7.35%), Manganese: 0.14mg (7.06%), Potassium: 241.53mg (6.9%), Calcium: 65.51mg (6.55%), Vitamin B6: 0.09mg (4.26%), Vitamin C: 3.34mg (4.05%), Iron: 0.7mg (3.91%), Selenium: 1.75µg (2.5%), Vitamin A: 71.3IU (1.43%), Vitamin B1: 0.02mg (1.17%), Vitamin B5: 0.11mg (1.12%), Fiber: 0.26g (1.05%)