



Grilled Shrimp and Citrus Skewers



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



96 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bell peppers cut into bite-size chunks
- ☐ 0.8 teaspoon chili powder
- ☐ 0.8 cup romesco sauce jarred (available at specialty markets)
- ☐ 1 optional: lemon halved cut into wedges
- ☐ 1 cranberry-orange relish halved cut into wedges
- ☐ 1.5 teaspoons orange zest finely grated
- ☐ 0.5 teaspoon sea salt
- ☐ 2 pounds shrimp deveined peeled

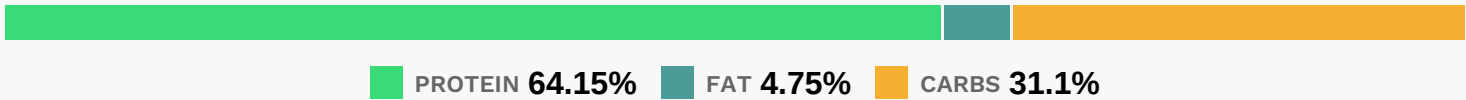
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ In a large bowl, stir together zest, chili powder, and sea salt.
- ☐ Add shrimp to bowl with spice mixture and toss until well coated. Cover and refrigerate, at least 30 minutes.
- ☐ Alternately thread shrimp, citrus wedges, and peppers on 12 (10-inch) skewers (there should be several per skewer).
- ☐ Heat the grill to medium-high.
- ☐ Place the skewers on grill. Grill, turning occasionally, until shrimp are pink and peppers are slightly charred (3-5 minutes).
- ☐ Transfer skewers to serving platter.
- ☐ Serve shrimp with romesco sauce.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:0.84, Inflammation Score:-5, Nutrition Score:6.3069564551115%

Flavonoids

Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 5.49mg, Hesperetin: 5.49mg, Hesperetin: 5.49mg, Hesperetin: 5.49mg Naringenin: 1.72mg, Naringenin: 1.72mg, Naringenin: 1.72mg, Naringenin: 1.72mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 95.79kcal (4.79%), Fat: 0.52g (0.8%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 7.63g (2.54%), Net Carbohydrates: 6.63g (2.41%), Sugar: 5.5g (6.11%), Cholesterol: 121.71mg (40.57%), Sodium: 367.33mg (15.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.75g (31.49%), Vitamin C: 36.31mg (44.01%), Phosphorus: 170.33mg (17.03%), Copper: 0.31mg (15.44%), Vitamin A: 685.64IU (13.71%), Potassium: 276.6mg (7.9%), Magnesium: 30.9mg (7.72%), Zinc: 1.08mg (7.21%), Calcium: 57.35mg (5.74%), Fiber: 1g (4%), Vitamin B6: 0.07mg (3.73%), Folate: 13.5µg (3.37%), Iron: 0.57mg (3.15%), Manganese: 0.05mg (2.75%), Vitamin E: 0.39mg (2.63%), Vitamin B1: 0.02mg (1.63%), Vitamin B2: 0.02mg (1.44%), Vitamin B3: 0.25mg (1.25%), Vitamin B5: 0.11mg (1.1%), Vitamin K: 1.1µg (1.05%)