



Grilled Shrimp and Lemon Kebabs

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 bamboo skewers for 30 minutes
- ☐ 4 sprigs basil fresh
- ☐ 1 teaspoon kosher salt
- ☐ 2 lemons cut into small wedges
- ☐ 2 tablespoons olive oil
- ☐ 24 medium shrimp deveined
- ☐ 3 baby squash yellow ends trimmed

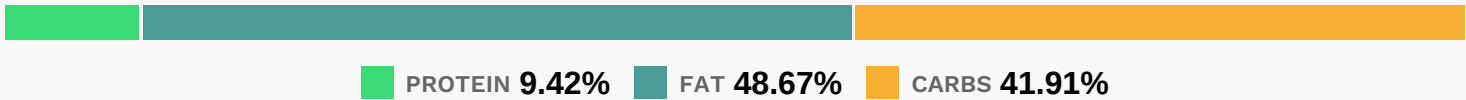
Equipment

- ☐ baking sheet
- ☐ knife
- ☐ aluminum foil
- ☐ broiler
- ☐ skewers
- ☐ kitchen scissors

Directions

- ☐ Heat a broiler on high.
- ☐ Place the shrimp and lemon wedges on 8 skewers, alternating them. Halve the squash or zucchini lengthwise, then cut them into 1-inch-thick slices. Divide the squash among the remaining 8 skewers. (If you don't have skewers, place the individual ingredients on a baking sheet.)
- ☐ Place the skewers on a foil-lined baking sheet.
- ☐ Brush the kebabs with the oil and season with the salt. Broil, turning once, until the shrimp are cooked through, 3 to 4 minutes total.
- ☐ Transfer the shrimp-and-lemon skewers to a platter. Continue to broil the squash until tender, 3 to 4 minutes more.
- ☐ Serve the shrimp and squash with the basil, torn into pieces if desired. Tip: For a little more money, you can buy shrimp that are already peeled and deveined, though cooking them with the shells on retains moisture and flavor. To keep the shell intact while you devein the shrimp, use scissors or a knife to cut the shell along the vein up to the tail. Then use the tip of a knife to remove the vein.

Nutrition Facts



Properties

Glycemic Index:50.38, Glycemic Load:3.8, Inflammation Score:-6, Nutrition Score:10.710869623267%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 124.54kcal (6.23%), Fat: 7.55g (11.61%), Saturated Fat: 1.07g (6.71%), Carbohydrates: 14.62g (4.87%), Net Carbohydrates: 11.21g (4.08%), Sugar: 4.83g (5.36%), Cholesterol: 0mg (0%), Sodium: 586.25mg (25.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.57%), Vitamin C: 54.01mg (65.47%), Vitamin B6: 0.38mg (19.04%), Manganese: 0.36mg (17.96%), Vitamin K: 16.93µg (16.12%), Potassium: 482.33mg (13.78%), Fiber: 3.41g (13.64%), Vitamin B2: 0.23mg (13.28%), Folate: 51.13µg (12.78%), Vitamin E: 1.31mg (8.75%), Magnesium: 33.94mg (8.49%), Vitamin A: 411.9IU (8.24%), Phosphorus: 77.96mg (7.8%), Vitamin B1: 0.1mg (6.62%), Copper: 0.13mg (6.25%), Selenium: 4.33µg (6.18%), Iron: 1.04mg (5.76%), Vitamin B3: 0.9mg (4.48%), Calcium: 41.64mg (4.16%), Zinc: 0.59mg (3.91%), Vitamin B5: 0.36mg (3.64%)