



Grilled Shrimp and Scallop Kabobs

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup juice of lemon
- ☐ 0.3 cup vegetable oil
- ☐ 1 tablespoon thyme sprigs dried fresh chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 0.8 pound scallops
- ☐ 12 large shells uncooked
- ☐ 6 ounces mushrooms fresh whole

- ☐ 8 cherry tomatoes
- ☐ 1 medium zucchini cut into 1-inch slices (1 inch in diameter)

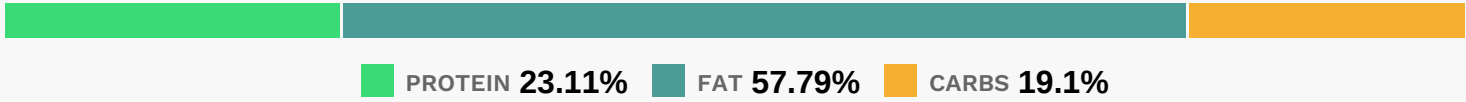
Equipment

- ☐ grill
- ☐ metal skewers

Directions

- ☐ Heat coals or gas grill for direct heat.
- ☐ Mix lemon juice, oil, thyme, salt and pepper.
- ☐ Cut scallops in half if over 1 inch in diameter.
- ☐ Thread scallops, shrimp, mushrooms, tomatoes and zucchini alternately on each of four 10-inch metal skewers.
- ☐ Brush with lemon juice mixture.
- ☐ Grill uncovered 4 inches from medium heat 10 to 15 minutes, brushing frequently with lemon juice mixture and turning once, until scallops are white and shrimp are pink and firm.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:1.46, Inflammation Score:-9, Nutrition Score:12.814347808776%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 219.5kcal (10.98%), Fat: 14.5g (22.3%), Saturated Fat: 2.28g (14.24%), Carbohydrates: 10.78g (3.59%), Net Carbohydrates: 9.21g (3.35%), Sugar: 3.38g (3.75%), Cholesterol: 20.41mg (6.8%), Sodium: 489.03mg (21.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.04g (26.08%), Phosphorus: 357.72mg (35.77%), Vitamin C:

26.12mg (31.66%), Vitamin K: 28.32µg (26.97%), Selenium: 17.03µg (24.32%), Vitamin B12: 1.22µg (20.27%), Potassium: 546.33mg (15.61%), Vitamin B2: 0.25mg (14.69%), Vitamin B3: 2.63mg (13.17%), Manganese: 0.23mg (11.63%), Vitamin B6: 0.23mg (11.54%), Copper: 0.23mg (11.44%), Folate: 41.42µg (10.35%), Vitamin B5: 1.01mg (10.05%), Magnesium: 39.94mg (9.99%), Vitamin E: 1.4mg (9.3%), Zinc: 1.28mg (8.55%), Iron: 1.32mg (7.34%), Vitamin A: 351.55IU (7.03%), Fiber: 1.57g (6.29%), Vitamin B1: 0.08mg (5.47%), Calcium: 27.23mg (2.72%)