



## Grilled Shrimp Kabobs with Fresh Herbs

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

READY IN



55 min.

SERVINGS



6

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 sprigs rosemary (6 inches long)
- 0.3 cup juice of lemon fresh
- 3 tablespoons vegetable oil
- 0.5 teaspoon salt
- 0.5 teaspoon pepper
- 24 large basil fresh
- 1.5 lb shrimp deveined peeled
- 12 small baby vegetables cut in half

- 24 cherry tomatoes
- 24 large cloves garlic

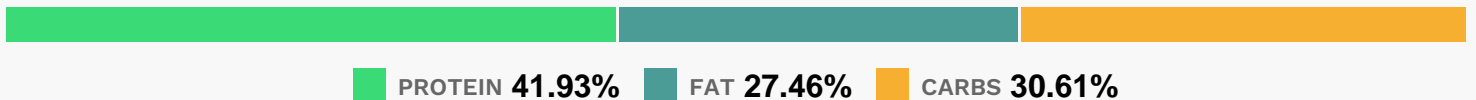
## Equipment

- bowl
- grill
- glass baking pan

## Directions

- Strip leaves from rosemary sprigs, leaving 1 inch of leaves at top; set aside. Measure 1 tablespoon rosemary leaves; chop. In small bowl, mix chopped rosemary leaves and remaining marinade ingredients.
- Wrap basil leaf around each shrimp. For each kabob, thread shrimp, squash half, tomato and garlic clove alternately on stem of rosemary sprig, leaving 1/4-inch space between each piece. (Start threading at stem end, pulling through to leaves at top.)
- In ungreased 13x9-inch (3-quart) glass baking dish, place kabobs.
- Pour marinade over kabobs. Cover and refrigerate 20 minutes.
- Heat gas or charcoal grill.
- Remove kabobs from marinade; reserve marinade.
- Place kabobs on grill. Cover grill; cook over medium heat about 12 minutes, turning and brushing with marinade 2 or 3 times, until shrimp are pink. Discard any remaining marinade.

## Nutrition Facts



## Properties

Glycemic Index:33.67, Glycemic Load:1.18, Inflammation Score:-9, Nutrition Score:23.30304328255%

## Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg,

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

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

Calories: 251.51kcal (12.58%), Fat: 8.26g (12.71%), Saturated Fat: 1.33g (8.34%), Carbohydrates: 20.73g (6.91%), Net Carbohydrates: 15.74g (5.72%), Sugar: 10.2g (11.33%), Cholesterol: 182.57mg (60.86%), Sodium: 341.95mg (14.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.4g (56.79%), Vitamin C: 84.79mg (102.78%), Manganese: 0.89mg (44.42%), Copper: 0.89mg (44.42%), Phosphorus: 404.58mg (40.46%), Potassium: 1133.89mg (32.4%), Magnesium: 129.37mg (32.34%), Vitamin K: 32.75µg (31.19%), Vitamin B6: 0.58mg (29.21%), Folate: 114.96µg (28.74%), Vitamin A: 1163.58IU (23.27%), Fiber: 4.99g (19.97%), Vitamin B1: 0.29mg (19.38%), Zinc: 2.77mg (18.45%), Calcium: 173.24mg (17.32%), Iron: 2.75mg (15.29%), Vitamin B3: 2.51mg (12.57%), Vitamin E: 1.42mg (9.46%), Vitamin B2: 0.13mg (7.89%), Vitamin B5: 0.52mg (5.25%), Selenium: 2.76µg (3.94%)