



Grilled Shrimp Scampi



Gluten Free



Dairy Free



Popular

READY IN



36 min.

SERVINGS



6

CALORIES



181 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons parsley fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 6 servings ground pepper black to taste
- ☐ 0.3 cup juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 1.5 pounds shrimp deveined peeled

Equipment

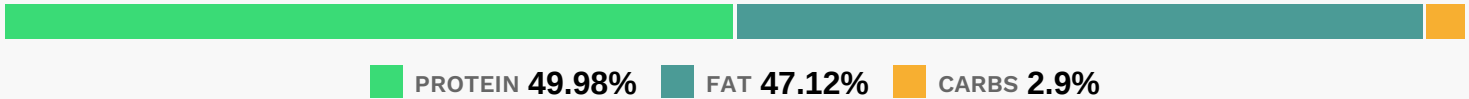
- ☐ bowl

- ☐ grill
- ☐ skewers

Directions

- ☐ In a large, non-reactive bowl, stir together the olive oil, lemon juice, parsley, garlic, and black pepper. Season with crushed red pepper, if desired.
- ☐ Add shrimp, and toss to coat. Marinate in the refrigerator for 30 minutes.
- ☐ Preheat grill for high heat. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard any remaining marinade.
- ☐ Lightly oil grill grate. Grill for 2 to 3 minutes per side, or until opaque.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:6.7721739586281%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 181.14kcal (9.06%), Fat: 9.63g (14.81%), Saturated Fat: 1.37g (8.54%), Carbohydrates: 1.33g (0.44%), Net Carbohydrates: 1.18g (0.43%), Sugar: 0.29g (0.32%), Cholesterol: 182.57mg (60.86%), Sodium: 136.59mg (5.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.98g (45.97%), Vitamin K: 38.4µg (36.58%), Phosphorus: 246.84mg (24.68%), Copper: 0.45mg (22.67%), Magnesium: 41.8mg (10.45%), Zinc: 1.56mg (10.42%), Potassium: 327.69mg (9.36%), Vitamin E: 1.33mg (8.86%), Vitamin C: 7.01mg (8.5%), Calcium: 78.89mg (7.89%), Iron: 0.8mg (4.47%), Manganese: 0.08mg (3.84%), Vitamin A: 169.76IU (3.4%), Folate: 5.13µg (1.28%), Vitamin B6: 0.02mg (1.17%)