



Grilled Shrimp Scampi Style with Soy Sauce, Fresh Ginger and Garlic

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 stick butter softened
- 0.5 cup canola oil divided
- 4 inch ginger fresh finely grated
- 4 cloves garlic finely chopped
- 2 teaspoons honey
- 2 juice of lime juiced
- 2 tablespoons sesame oil toasted

- 1.3 pounds shrimp deveined peeled (21-24)
- 0.3 cup soya sauce

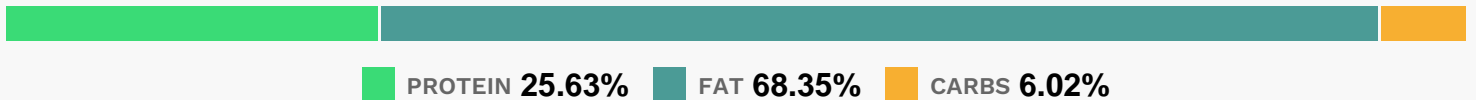
Equipment

- food processor
- bowl
- whisk
- grill

Directions

- Whisk together 1/4 cup soy sauce, 2 tablespoons sesame oil, the lime juice, honey, ginger, garlic and 1/4 cup canola oil in a bowl and add to a food processor.
- Add the softened butter and pulse until thoroughly combined.
- Season the shrimp with salt and pepper and brush mixture onto the shrimp.
- Place onto preheated grill and cook in a single layer for 1 to 2 minutes per side, or until just cooked through.

Nutrition Facts



Properties

Glycemic Index:40.57, Glycemic Load:2.06, Inflammation Score:-5, Nutrition Score:8.3334783082423%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 467.58kcal (23.38%), Fat: 36.33g (55.89%), Saturated Fat: 16.09g (100.56%), Carbohydrates: 7.21g (2.4%), Net Carbohydrates: 6.82g (2.48%), Sugar: 3.54g (3.93%), Cholesterol: 288.95mg (96.32%), Sodium: 1162.16mg (50.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.65g (61.29%), Phosphorus: 338.18mg (33.82%),

Copper: 0.6mg (30.2%), Magnesium: 61.01mg (15.25%), Vitamin A: 713.74IU (14.27%), Zinc: 2.07mg (13.77%), Potassium: 472.18mg (13.49%), Vitamin E: 1.79mg (11.91%), Calcium: 109.26mg (10.93%), Manganese: 0.19mg (9.54%), Vitamin C: 5.8mg (7.03%), Vitamin K: 7.07µg (6.73%), Iron: 1.21mg (6.72%), Vitamin B6: 0.08mg (4.24%), Vitamin B3: 0.68mg (3.42%), Vitamin B2: 0.04mg (2.41%), Fiber: 0.39g (1.54%), Folate: 5.89µg (1.47%), Vitamin B1: 0.02mg (1.43%), Vitamin B5: 0.14mg (1.39%), Selenium: 0.92µg (1.31%)