



Grilled Shrimp with Chermoula Sauce

 Gluten Free  Dairy Free

READY IN



14 min.

SERVINGS



4

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1.5 pounds shrimp with tails 24 shrimp peeled
- ☐ 0.5 teaspoon kosher salt

- ☐ 0.3 cup juice of lemon fresh
- ☐ 3 tablespoons olive oil
- ☐ 1 teaspoon paprika

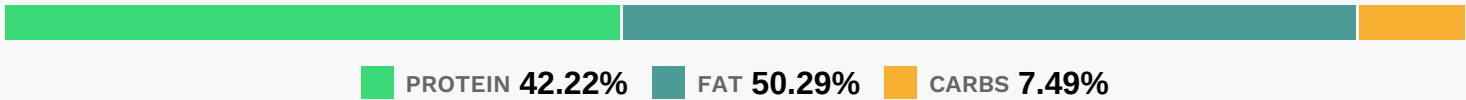
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ grill
- ☐ skewers
- ☐ metal skewers

Directions

- ☐ Prepare grill.
- ☐ Combine salt and garlic, chopping mixture with a large knife to create a paste.
- ☐ Transfer mixture to a small bowl; add oil, stirring with a whisk.
- ☐ Add cilantro and next 6 ingredients; stir with a whisk.
- ☐ Thread 6 shrimp onto each of 4 (12-inch) metal skewers; lightly coat with cooking spray.
- ☐ Place skewers on grill rack coated with cooking spray. Cover and grill 3 minutes on each side or until done.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:0.19, Inflammation Score:-6, Nutrition Score:16.101738997128%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg 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: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 224.62kcal (11.23%), Fat: 12.47g (19.19%), Saturated Fat: 1.68g (10.47%), Carbohydrates: 4.18g (1.39%), Net Carbohydrates: 3.66g (1.33%), Sugar: 0.62g (0.69%), Cholesterol: 214.32mg (71.44%), Sodium: 1256.7mg (54.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.56g (47.12%), Selenium: 50.71µg (72.45%), Phosphorus: 424.78mg (42.48%), Vitamin K: 44.26µg (42.15%), Vitamin B12: 1.89µg (31.47%), Vitamin E: 4.01mg (26.73%), Vitamin A: 841.43IU (16.83%), Copper: 0.33mg (16.6%), Vitamin B6: 0.32mg (15.95%), Vitamin B3: 3.17mg (15.83%), Vitamin C: 11.48mg (13.92%), Zinc: 1.75mg (11.69%), Magnesium: 43.1mg (10.77%), Calcium: 105.06mg (10.51%), Folate: 40.63µg (10.16%), Potassium: 257.66mg (7.36%), Vitamin B5: 0.59mg (5.91%), Manganese: 0.11mg (5.44%), Iron: 0.93mg (5.14%), Vitamin B1: 0.05mg (3.24%), Vitamin B2: 0.04mg (2.51%), Fiber: 0.52g (2.07%), Vitamin D: 0.17µg (1.13%)