



Grilled Shrimp with Garlic (Gambas al Ajillo)



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



147 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons ancho chili powder
- ☐ 3 cloves garlic thinly sliced
- ☐ 6 cloves garlic coarsely chopped
- ☐ 0.8 cup olive oil
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 24 large shrimp shelled deveined
- ☐ 3 tablespoons freshly thyme leaves chopped

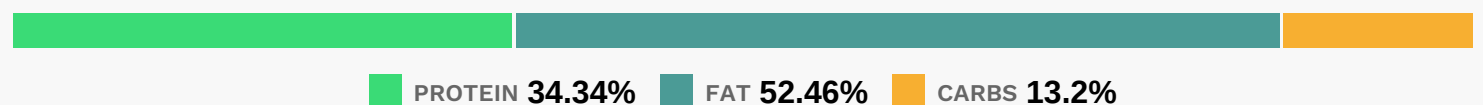
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ skewers
- ☐ slotted spoon
- ☐ wooden skewers

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: Wooden skewers soaked in water
- ☐ Heat the grill to medium.
- ☐ Whisk together 1/4 cup of the oil, 2 tablespoons of the thyme, ancho powder and chopped garlic in a small bowl. Skewer the shrimp and brush with marinade.
- ☐ Place the remaining 1/2 cup of the oil in a small saucepan, add the sliced garlic and cook until the sliced garlic is lightly golden brown.
- ☐ Remove the garlic slices with a slotted spoon to a plate lined with paper towels. Reserve the oil.
- ☐ Increase the heat of the grill to high.
- ☐ Remove the shrimp from the marinade, season with salt and pepper and grill until golden brown on each side, about 1 1/2 minutes per side.
- ☐ Remove the shrimp from the skewers, transfer to a platter and drizzle with some of the reserved garlic oil and the garlic chips.
- ☐ Sprinkle with the remaining thyme and garnish with oregano leaves.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:0.89, Inflammation Score:-10, Nutrition Score:7.6147825977077%

Flavonoids

Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 2.42mg, Luteolin: 2.42mg, Luteolin: 2.42mg, Luteolin: 2.42mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 146.68kcal (7.33%), Fat: 8.96g (13.78%), Saturated Fat: 1.28g (8.03%), Carbohydrates: 5.07g (1.69%), Net Carbohydrates: 3.13g (1.14%), Sugar: 0.28g (0.32%), Cholesterol: 96.6mg (32.2%), Sodium: 122.4mg (5.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.2g (26.39%), Vitamin A: 1140.08IU (22.8%), Copper: 0.32mg (15.76%), Vitamin E: 2.32mg (15.45%), Phosphorus: 153.45mg (15.35%), Manganese: 0.29mg (14.33%), Vitamin C: 10.53mg (12.77%), Iron: 1.92mg (10.65%), Magnesium: 35.73mg (8.93%), Vitamin B6: 0.17mg (8.25%), Calcium: 82.3mg (8.23%), Vitamin K: 8.33µg (7.93%), Potassium: 277.35mg (7.92%), Fiber: 1.95g (7.78%), Zinc: 1.11mg (7.38%), Vitamin B2: 0.06mg (3.56%), Vitamin B3: 0.49mg (2.46%), Selenium: 1.58µg (2.25%), Vitamin B1: 0.02mg (1.58%)