



Grilled Shrimp with Oregano and Lemon



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



30

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup capers salted rinsed drained for 1 hour and
- ☐ 1 garlic clove minced
- ☐ 3 tablespoons juice of lemon freshly squeezed
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 0.8 cup olive oil extra-virgin
- ☐ 0.5 cup oregano leaves
- ☐ 30 servings pepper freshly ground
- ☐ 30 servings salt

☐ 2.5 pounds shrimp shelled deveined

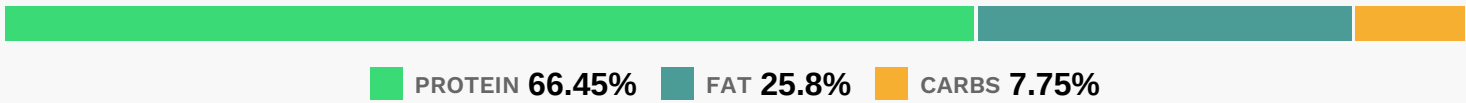
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers
- ☐ cutting board
- ☐ metal skewers

Directions

- ☐ On a cutting board, finely chop the drained capers with the oregano leaves and garlic.
- ☐ Transfer the mixture to a bowl and stir in 1/2 cup plus 2 tablespoons of the olive oil, along with the lemon zest and lemon juice. Season the sauce with pepper.
- ☐ Light a grill. In a large bowl, toss the shrimp with the remaining 2 tablespoons of olive oil and season lightly with salt and pepper. Thread the shrimp onto metal skewers and grill over high heat, turning once, until the shrimp are lightly charred and cooked through, about 3 minutes per side.
- ☐ Remove the shrimp from the skewers and transfer them to a platter. Spoon the sauce on top and serve.

Nutrition Facts



Properties

Glycemic Index:2.23, Glycemic Load:0.03, Inflammation Score:-6, Nutrition Score:2.2760869235448%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg

Nutrients (% of daily need)

Calories: 45.23kcal (2.26%), Fat: 1.34g (2.06%), Saturated Fat: 0.21g (1.3%), Carbohydrates: 0.91g (0.3%), Net Carbohydrates: 0.43g (0.16%), Sugar: 0.09g (0.1%), Cholesterol: 60.86mg (20.29%), Sodium: 319.81mg (13.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.76g (15.52%), Copper: 0.17mg (8.29%), Phosphorus: 82.81mg (8.28%), Vitamin K: 6.51µg (6.2%), Magnesium: 16.65mg (4.16%), Calcium: 39.07mg (3.91%), Zinc: 0.54mg (3.61%), Manganese: 0.07mg (3.49%), Potassium: 114.47mg (3.27%), Iron: 0.56mg (3.11%), Vitamin E: 0.33mg (2.21%), Fiber: 0.47g (1.89%), Vitamin C: 0.84mg (1.02%)