



Grilled Shrimp with Roasted Garlic-Herb Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cooking wine dry white
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup brown sugar packed ()
- ☐ 0.3 cup olive oil
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 6 servings roasted garlic-herb sauce
- ☐ 0.3 cup salt

- ☐ 1.5 pounds shrimp uncooked unpeeled
- ☐ 1 quart water

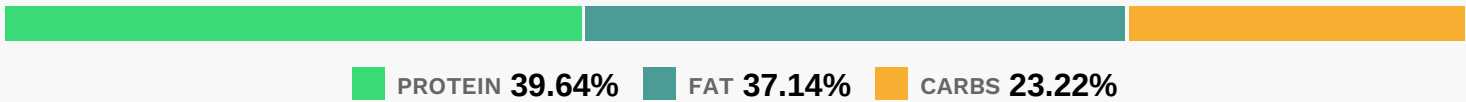
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ grill

Directions

- ☐ Stir first 3 ingredients in medium bowl until sugar dissolves.
- ☐ Add shrimp. Refrigerate at least 1 hour and up to 3 hours.
- ☐ Drain and rinse shrimp.
- ☐ Using shears, cut shrimp shells down center of back all the way to tail section. Using sharp knife, cut shrimp in their shells along the full length of the back (do not cut all the way through).
- ☐ Remove vein and pull off legs. Open shrimp.
- ☐ Whisk olive oil, white wine, garlic, parsley, and crushed red pepper in clean medium bowl.
- ☐ Add shrimp and stir; let stand 30 minutes.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Place shrimp, flesh side down, on grill. Grill shrimp until pink and cooked through, about 2 minutes per side.
- ☐ Transfer to platter and serve, passing Roasted Garlic-Herb Sauce separately.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:0.4, Inflammation Score:-1, Nutrition Score:6.0408695353114%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 232.93kcal (11.65%), Fat: 9.62g (14.79%), Saturated Fat: 1.36g (8.52%), Carbohydrates: 13.53g (4.51%), Net Carbohydrates: 13.39g (4.87%), Sugar: 11.96g (13.28%), Cholesterol: 182.57mg (60.86%), Sodium: 6436.51mg (279.85%), Alcohol: 0.51g (100%), Alcohol %: 0.21% (100%), Protein: 23.1g (46.19%), Phosphorus: 250.82mg (25.08%), Copper: 0.49mg (24.66%), Vitamin K: 16.53µg (15.74%), Magnesium: 44.49mg (11.12%), Zinc: 1.62mg (10.79%), Calcium: 100.32mg (10.03%), Potassium: 341.92mg (9.77%), Vitamin E: 1.34mg (8.91%), Manganese: 0.14mg (6.83%), Iron: 0.92mg (5.1%), Vitamin B6: 0.06mg (2.97%), Vitamin C: 2.14mg (2.59%), Vitamin A: 81.23IU (1.62%), Selenium: 0.75µg (1.08%)