



Grilled Shrimp with Sangrita



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocados peeled cut into 1/4-inch cubes
- ☐ 8 servings seafood brine
- ☐ 2 tablespoons cooking wine dry white
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 teaspoons garlic finely chopped
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 1 pound shrimp deveined peeled

- ☐ 8 servings sangrita
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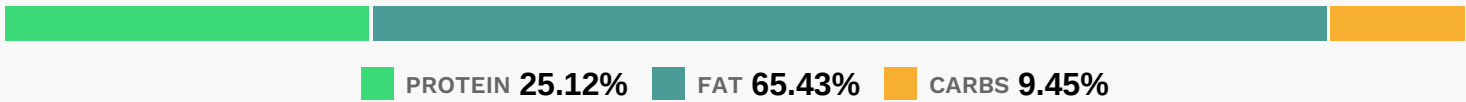
Equipment

- ☐ bowl
- ☐ ladle
- ☐ grill

Directions

- ☐ Add shrimp to Seafood Brine, cover, and refrigerate for up to 1 hour.
- ☐ Combine olive oil, garlic, parsley, red pepper flakes, and wine.
- ☐ Remove shrimp from brine, and rinse thoroughly. Toss shrimp with the marinade to coat, cover, and refrigerate 1 hour.
- ☐ Grill shrimp over medium-hot coals 3 to 5 minutes per side or until done.
- ☐ Ladle a shallow pool of Sangrita into soup or pasta bowls. Top with shrimp and avocados.

Nutrition Facts



Properties

Glycemic Index:14.63, Glycemic Load:0.46, Inflammation Score:-3, Nutrition Score:7.272173890601%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 192.81kcal (9.64%), Fat: 14.44g (22.22%), Saturated Fat: 2.06g (12.89%), Carbohydrates: 4.69g (1.56%), Net Carbohydrates: 1.27g (0.46%), Sugar: 0.38g (0.43%), Cholesterol: 91.29mg (30.43%), Sodium: 101.8mg (4.43%), Alcohol: 0.39g (100%), Alcohol %: 0.41% (100%), Protein: 12.48g (24.95%), Vitamin K: 22.91µg (21.82%), Copper: 0.32mg (16.05%), Phosphorus: 149.77mg (14.98%), Fiber: 3.42g (13.68%), Vitamin E: 2.04mg (13.6%), Potassium: 403.12mg (11.52%), Folate: 41.54µg (10.38%), Magnesium: 35.32mg (8.83%), Zinc: 1.1mg (7.35%), Vitamin C: 5.92mg (7.18%), Vitamin B6: 0.14mg (7.1%), Vitamin B5: 0.71mg (7.07%), Manganese: 0.11mg (5.44%), Calcium: 44.98mg (4.5%), Vitamin B3: 0.9mg (4.49%), Vitamin B2: 0.07mg (3.99%), Iron: 0.67mg (3.74%), Vitamin A: 134.08IU (2.68%), Vitamin B1: 0.04mg (2.4%)