



Grilled Tequila-Lime Shrimp

 **Gluten Free**  **Dairy Free**

READY IN



76 min.

SERVINGS



4

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pinch garlic salt
- 1 pinch ground cumin
- 4 servings ground pepper black to taste
- 1 large lime quartered
- 2 tablespoons juice of lime
- 0.3 cup olive oil
- 1 pound shrimp deveined peeled
- 2 tablespoons tequila

Equipment

- bowl
- whisk
- grill
- ziploc bags
- skewers

Directions

- Whisk together the lime juice, tequila, olive oil, garlic salt, cumin, and black pepper in a bowl until well blended.
- Pour into a large resealable plastic bag; add the shrimp, seal bag and turn to coat evenly. Refrigerate 1 to 4 hours before grilling.
- Soak skewers at least 30 minutes in water to prevent burning.
- Preheat outdoor grill for medium-high heat. Lightly oil grill grate, and place about 4 inches from heat source.
- Drain and discard marinade from shrimp. Thread shrimp onto prepared skewers, 5 to 6 per skewer.
- Cook, uncovered, on preheated grill until shrimp turn pink, turning once, for 5 to 7 minutes.
- Serve with lime wedges for garnish.

Nutrition Facts

 **PROTEIN 40.13%**  **FAT 55.56%**  **CARBS 4.31%**

Properties

Glycemic Index:21, Glycemic Load:0.43, Inflammation Score:-1, Nutrition Score:5.5678260692436%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 7.88mg, Hesperetin: 7.88mg, Hesperetin: 7.88mg, Hesperetin: 7.88mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 240.3kcal (12.01%), Fat: 14.13g (21.73%), Saturated Fat: 1.98g (12.4%), Carbohydrates: 2.47g (0.82%), Net Carbohydrates: 1.94g (0.7%), Sugar: 0.41g (0.46%), Cholesterol: 182.57mg (60.86%), Sodium: 145.53mg (6.33%), Alcohol: 2.51g (100%), Alcohol %: 2% (100%), Protein: 22.96g (45.91%), Phosphorus: 247.32mg (24.73%), Copper: 0.46mg (22.97%), Vitamin E: 2mg (13.33%), Magnesium: 41.56mg (10.39%), Zinc: 1.55mg (10.33%), Potassium: 327.29mg (9.35%), Vitamin C: 7.13mg (8.64%), Vitamin K: 8.44µg (8.04%), Calcium: 79.97mg (8%), Iron: 0.8mg (4.46%), Manganese: 0.06mg (2.75%), Fiber: 0.53g (2.11%)