



Grilled Zucchini-Wrapped Shrimp



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 garlic cloves pressed
- ☐ 0.5 teaspoon ground pepper red
- ☐ 0.5 cup juice of lime fresh
- ☐ 0.8 teaspoon salt
- ☐ 1 pound shrimp fresh unpeeled
- ☐ 8 tablespoons vegetable oil divided
- ☐ 2 large zucchini

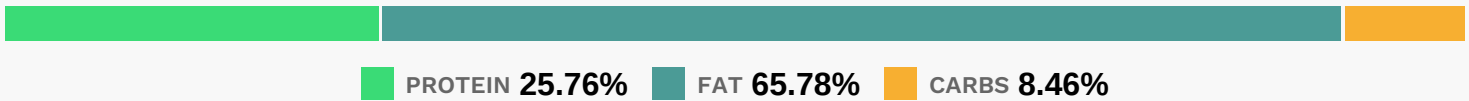
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ ziploc bags
- ☐ peeler

Directions

- ☐ Peel shrimp; devein, if desired.
- ☐ Combine lime juice, 3 tablespoons vegetable oil, and next 3 ingredients in a heavy-duty zip-top plastic bag, gently squeezing to blend; add shrimp. Seal and chill mixture 15 minutes.
- ☐ Remove shrimp from marinade, reserving marinade.
- ☐ Bring reserved marinade to a boil in a small saucepan; remove from heat.
- ☐ Cut zucchini lengthwise into thin slices with a vegetable peeler. Wrap each shrimp with a zucchini slice, and secure with a wooden pick.
- ☐ Brush rolls with remaining 5 tablespoons vegetable oil.
- ☐ Grill rolls, without grill lid, over medium-high heat (350 to 400 degrees F) for about 4 minutes.
- ☐ Brush with reserved marinade; turn and brush again. Grill 2 more minutes or just until shrimp turn pink.
- ☐ Serve hot or at room temperature on a cilantro-lined platter, if desired.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.45, Inflammation Score:-4, Nutrition Score:9.613043476706%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 249.92kcal (12.5%), Fat: 18.91g (29.09%), Saturated Fat: 2.94g (18.38%), Carbohydrates: 5.47g (1.82%), Net Carbohydrates: 4.25g (1.54%), Sugar: 3.06g (3.4%), Cholesterol: 121.71mg (40.57%), Sodium: 389.88mg (16.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.67g (33.33%), Vitamin K: 38.25µg (36.43%), Vitamin C: 25.76mg (31.23%), Phosphorus: 207.54mg (20.75%), Copper: 0.36mg (18.1%), Potassium: 511.61mg (14.62%), Manganese: 0.24mg (12%), Magnesium: 47.96mg (11.99%), Vitamin E: 1.71mg (11.38%), Vitamin B6: 0.2mg (9.98%), Zinc: 1.39mg (9.27%), Calcium: 70.67mg (7.07%), Folate: 28.06µg (7.02%), Vitamin B2: 0.11mg (6.29%), Vitamin A: 294.86IU (5.9%), Fiber: 1.22g (4.89%), Iron: 0.85mg (4.7%), Vitamin B1: 0.06mg (3.74%), Vitamin B3: 0.54mg (2.68%), Vitamin B5: 0.25mg (2.5%)