



Healthier Marinated Grilled Shrimp



Gluten Free



Dairy Free

READY IN



51 min.

SERVINGS



6

CALORIES



176 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon cayenne pepper
- ☐ 2 tablespoons basil fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 2 pounds shrimp fresh deveined peeled
- ☐ 0.3 cup tomato sauce

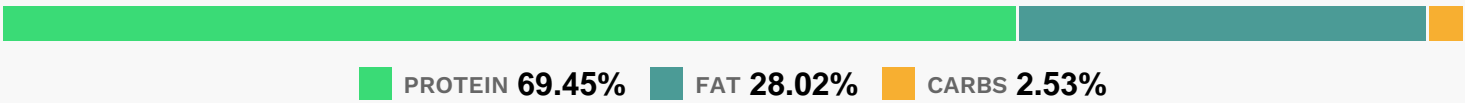
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ Stir garlic, olive oil, tomato sauce, and red wine vinegar in a large bowl. Season with basil, salt, and cayenne pepper.
- ☐ Add shrimp to the bowl and stir until evenly coated. Cover and refrigerate for 30 minutes to 1 hour, stirring once or twice.
- ☐ Preheat grill for medium heat and lightly oil the grate.
- ☐ Thread shrimp onto skewers, piercing once near tail and once near head. Discard marinade.
- ☐ Cook shrimp on preheated grill until opaque, 2 to 3 minutes per side.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:0.33, Inflammation Score:-1, Nutrition Score:6.3073912301789%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 175.82kcal (8.79%), Fat: 5.49g (8.45%), Saturated Fat: 0.81g (5.03%), Carbohydrates: 1.12g (0.37%), Net Carbohydrates: 0.9g (0.33%), Sugar: 0.39g (0.43%), Cholesterol: 243.43mg (81.14%), Sodium: 422.9mg (18.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.64g (61.28%), Phosphorus: 329.63mg (32.96%), Copper: 0.61mg (30.55%), Magnesium: 55.58mg (13.9%), Zinc: 2.08mg (13.84%), Potassium: 441.18mg (12.61%), Calcium: 102.68mg (10.27%), Vitamin K: 5.95µg (5.67%), Vitamin E: 0.85mg (5.67%), Iron: 0.99mg (5.49%), Manganese: 0.1mg (4.9%), Vitamin A: 114.18IU (2.28%), Vitamin C: 1.39mg (1.69%), Vitamin B6: 0.03mg (1.58%)