



Herb-Grilled Shrimp Skewers with Lemon-Herb Feta

 Gluten Free

READY IN



11 min.

SERVINGS



4

CALORIES



154 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 1.3 ounces feta cheese crumbled reduced-fat
- 1 garlic clove minced
- 2 tablespoons juice of lemon fresh divided
- 0.5 teaspoon lemon rind fresh grated
- 1 tablespoon olive oil divided
- 1 tablespoon oregano fresh divided chopped

- 1 pound shrimp deveined peeled
- 6 inch wooden skewers
- 6 inch wooden skewers

Equipment

- baking pan
- grill
- skewers
- wooden skewers

Directions

- Soak wooden skewers in water 30 minutes.
- Thread 3 shrimp onto each skewer, and place skewers in an 11 x 7-inch baking dish.
- Combine 1 teaspoon olive oil, 2 teaspoons oregano, lemon rind, 1 tablespoon lemon juice, garlic, and 1/4 teaspoon pepper; pour over skewers, turning to coat. Cover and marinate in refrigerator 15 minutes.
- Prepare grill.
- Place skewers on grill rack coated with cooking spray, and grill 5 to 6 minutes or until done, turning skewers occasionally.
- Combine remaining 2 teaspoons olive oil, 1 teaspoon oregano, 1 tablespoon lemon juice, 1/4 teaspoon pepper, and feta cheese; toss gently.
- Remove shrimp from grill, and place 2 skewers on each of 4 plates. Top evenly with lemon-herb feta.

Nutrition Facts

 **PROTEIN 63.37%**  **FAT 30.33%**  **CARBS 6.3%**

Properties

Glycemic Index:16.75, Glycemic Load:0.12, Inflammation Score:-7, Nutrition Score:5.5660869919735%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 153.9kcal (7.69%), Fat: 5.31g (8.18%), Saturated Fat: 1.28g (8.01%), Carbohydrates: 2.48g (0.83%), Net Carbohydrates: 1.83g (0.66%), Sugar: 0.59g (0.65%), Cholesterol: 187.51mg (62.5%), Sodium: 217.86mg (9.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.98g (49.97%), Phosphorus: 246.69mg (24.67%), Copper: 0.46mg (22.91%), Magnesium: 44.17mg (11.04%), Zinc: 1.57mg (10.46%), Vitamin K: 10.3µg (9.81%), Calcium: 95.82mg (9.58%), Potassium: 329.61mg (9.42%), Manganese: 0.15mg (7.26%), Iron: 1.11mg (6.19%), Vitamin E: 0.75mg (4.98%), Vitamin C: 3.49mg (4.23%), Fiber: 0.66g (2.64%), Vitamin B6: 0.03mg (1.35%), Folate: 4.56µg (1.14%)