



Herb-Marinated Shrimp



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



207 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup basil leaves
- ☐ 2.5 teaspoons olive oil extravirgin
- ☐ 3 garlic cloves halved
- ☐ 0.3 cup mint leaves
- ☐ 2 tablespoons oregano leaves
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1.3 pounds shrimp deveined peeled

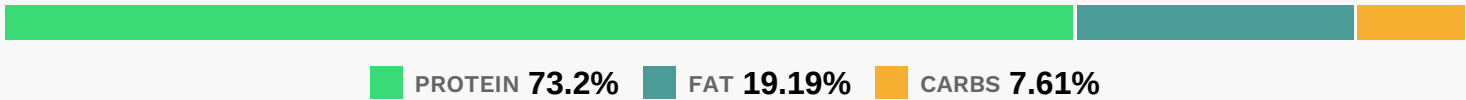
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ Combine first 6 ingredients in a food processor, and pulse until mixture is coarsely chopped.
- ☐ Add olive oil, and process until well blended.
- ☐ Combine herb mixture and shrimp in a large bowl; toss to coat. Cover and marinate shrimp in refrigerator 30 minutes.
- ☐ Thread shrimp onto 6 (12-inch) skewers.
- ☐ Prepare grill.
- ☐ Place skewers on grill rack coated with cooking spray; grill 3 minutes on each side or until done.
- ☐ carbo rating: 3

Nutrition Facts



Properties

Glycemic Index:45.67, Glycemic Load:0.36, Inflammation Score:-10, Nutrition Score:11.324782581433%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 207.07kcal (10.35%), Fat: 4.51g (6.94%), Saturated Fat: 0.72g (4.49%), Carbohydrates: 4.03g (1.34%), Net Carbohydrates: 2.16g (0.79%), Sugar: 0.18g (0.19%), Cholesterol: 304.28mg (101.43%), Sodium: 615.2mg (26.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.72g (77.44%), Phosphorus: 418.47mg (41.85%), Copper: 0.79mg (39.71%), Vitamin K: 34.12µg (32.5%), Magnesium: 80.9mg (20.23%), Calcium: 194.47mg (19.45%), Manganese: 0.38mg (18.79%), Zinc: 2.72mg (18.15%), Potassium: 584.51mg (16.7%), Iron: 2.57mg (14.3%), Fiber: 1.86g (7.46%), Vitamin E: 1.11mg (7.43%), Vitamin A: 357.85IU (7.16%), Vitamin B6: 0.08mg (4.07%), Folate: 14.11µg (3.53%), Vitamin C: 2.69mg (3.25%), Vitamin B2: 0.03mg (1.95%), Vitamin B3: 0.27mg (1.33%), Vitamin B1: 0.02mg (1.07%)