



Italian Herbed Shrimp Kebabs



Gluten Free



Dairy Free

READY IN



43 min.

SERVINGS



4

CALORIES



170 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 teaspoons olive oil extravirgin divided
- ☐ 0.5 cup basil leaves fresh packed
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 0.3 cup parsley leaves fresh
- ☐ 1 garlic clove
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons water
- ☐ 1 medium zucchini cut into 20 (1/2-inch-thick) slices

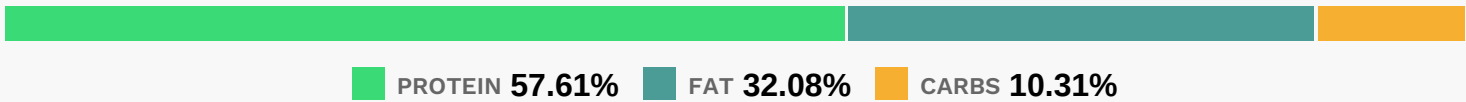
Equipment

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

Directions

- ☐ Prepare grill to medium-high heat.
- ☐ Place first 6 ingredients in a blender or small food processor; add 2 teaspoons oil. Process until smooth.
- ☐ Transfer basil mixture to a medium bowl.
- ☐ Add shrimp to bowl; toss well to coat.
- ☐ Let stand at room temperature 15 minutes.
- ☐ Thread 6 shrimp and 5 zucchini slices alternately onto each of 4 (12-inch) skewers.
- ☐ Drizzle kebabs evenly with remaining 2 teaspoons oil.
- ☐ Place kebabs on grill rack coated with cooking spray; grill 3 minutes on each side or until done.
- ☐ Sprinkle evenly with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:0.3, Inflammation Score:-7, Nutrition Score:19.244347981785%

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 Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 170.04kcal (8.5%), Fat: 5.96g (9.17%), Saturated Fat: 0.8g (5%), Carbohydrates: 4.31g (1.44%), Net Carbohydrates: 3.52g (1.28%), Sugar: 1.48g (1.65%), Cholesterol: 214.32mg (71.44%), Sodium: 1261.18mg (54.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.08g (48.16%), Vitamin K: 85.39µg (81.33%), Selenium: 50.6µg (72.28%), Phosphorus: 440.42mg (44.04%), Vitamin B12: 1.89µg (31.47%), Vitamin C: 17.98mg (21.79%), Vitamin A: 1014.49IU (20.29%), Vitamin E: 3mg (19.97%), Vitamin B6: 0.38mg (18.89%), Copper: 0.36mg (18.19%), Vitamin B3: 3.36mg (16.79%), Folate: 54.6µg (13.65%), Magnesium: 51.49mg (12.87%), Zinc: 1.9mg (12.64%), Calcium: 114.32mg (11.43%), Manganese: 0.22mg (10.76%), Potassium: 372.64mg (10.65%), Vitamin B5: 0.68mg (6.76%), Iron: 0.96mg (5.32%), Vitamin B2: 0.08mg (4.88%), Vitamin B1: 0.07mg (4.34%), Fiber: 0.79g (3.15%), Vitamin D: 0.17µg (1.13%)