



Key Lime Grilled Shrimp



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



78 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons honey
- ☐ 6 servings key lime beurre blanc
- ☐ 1 teaspoon lime zest
- ☐ 6 servings pecan-spiked rice
- ☐ 36 large shrimp deveined peeled
- ☐ 0.5 cup no-stick grilling marinade

Equipment

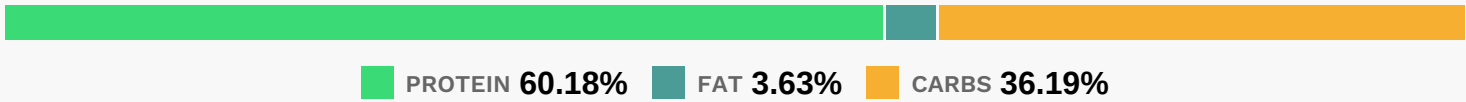
- ☐ bowl

- ☐ paper towels
- ☐ grill

Directions

- ☐ Pat shrimp dry with paper towels.
- ☐ Combine shrimp, marinade, honey, and zest in a large bowl, tossing to coat. Marinate 1 hour in refrigerator.
- ☐ Drain shrimp well before grilling; discard marinade.
- ☐ Grill shrimp in a hot grill basket 3 to 4 minutes on each side or until done.
- ☐ To serve, divide Pecan-spiked Rice and shrimp evenly among 6 plates; drizzle with Key Lime Beurre Blanc.

Nutrition Facts



Properties

Glycemic Index:29.58, Glycemic Load:3.67, Inflammation Score:-1, Nutrition Score:2.3930434921513%

Flavonoids

Hesperetin: 3.15mg, Hesperetin: 3.15mg, Hesperetin: 3.15mg, Hesperetin: 3.15mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 78.13kcal (3.91%), Fat: 0.33g (0.5%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 7.34g (2.45%), Net Carbohydrates: 7.11g (2.58%), Sugar: 5.87g (6.52%), Cholesterol: 96.6mg (32.2%), Sodium: 71.88mg (3.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.2g (24.41%), Phosphorus: 131.15mg (13.12%), Copper: 0.24mg (12.2%), Zinc: 0.84mg (5.59%), Magnesium: 21.83mg (5.46%), Potassium: 170.67mg (4.88%), Calcium: 41.52mg (4.15%), Vitamin C: 2.17mg (2.63%), Iron: 0.39mg (2.19%), Manganese: 0.04mg (1.84%)