



Lemon-Garlic Shrimp Kebabs

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



159 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 cloves bottled garlic minced
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 teaspoons coarsely ground pepper black
- ☐ 0.5 cup juice of lemon fresh (3 lemons)
- ☐ 2 pounds shrimp unpeeled
- ☐ 2 tablespoons steak sauce (such as Heinz 57)

Equipment

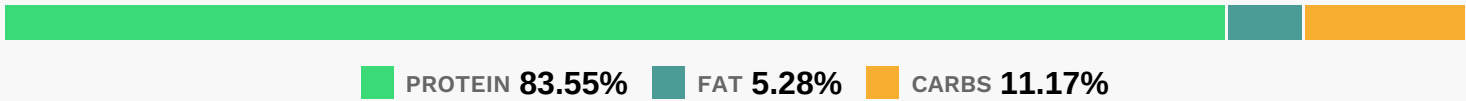
- ☐ grill

- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ Peel shrimp, leaving tails intact.
- ☐ Combine lemon juice, wine, garlic, steak sauce, and pepper in a large zip-top plastic bag; seal, and shake to blend.
- ☐ Add shrimp; seal. Marinate in refrigerator 20 minutes, turning bag once.
- ☐ Prepare grill.
- ☐ Remove shrimp from bag, discarding marinade. Thread 8 shrimp onto each of 6 (12-inch) skewers.
- ☐ Place kebabs on a grill rack coated with cooking spray, and grill 2 minutes on each side or until shrimp are done.
- ☐ Note: Substitute 1/3 cup water and 2 tablespoons vinegar for wine, if desired.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.35, Inflammation Score:-1, Nutrition Score:6.7152173454347%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 3.02mg, Hesperetin: 3.02mg, Hesperetin: 3.02mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 158.79kcal (7.94%), Fat: 0.86g (1.33%), Saturated Fat: 0.17g (1.07%), Carbohydrates: 4.11g (1.37%), Net Carbohydrates: 3.76g (1.37%), Sugar: 1.22g (1.36%), Cholesterol: 243.43mg (81.14%), Sodium: 264.1mg (11.48%), Alcohol: 2.06g (100%), Alcohol %: 1.31% (100%), Protein: 30.73g (61.47%), Phosphorus: 334.55mg (33.46%), Copper: 0.62mg (30.98%), Magnesium: 58.63mg (14.66%), Zinc: 2.11mg (14.06%), Potassium: 466.78mg (13.34%), Calcium:

107.31mg (10.73%), Vitamin C: 8.83mg (10.71%), Manganese: 0.2mg (10.14%), Iron: 1.02mg (5.69%), Vitamin B6: 0.05mg (2.57%), Fiber: 0.35g (1.39%), Vitamin K: 1.32µg (1.25%), Folate: 4.84µg (1.21%)