



Lemon-Garlic Shrimp Skewers



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



8

CALORIES



170 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cloves garlic minced peeled
- ☐ 0.5 teaspoon fresh-ground pepper
- ☐ 2 tablespoons kosher salt
- ☐ 1 tablespoon lemon zest grated
- ☐ 8 servings lemon wedges
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup parsley chopped
- ☐ 2 pounds shrimp deveined rinsed peeled drained per lb.), and

- ☐ 2 tablespoons sugar

Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ In a bowl, mix salt and sugar.
- ☐ Add shrimp and stir gently to coat. Cover and chill 45 minutes to 1 hour. Rinse shrimp well and drain; also rinse and dry bowl.
- ☐ Return shrimp to bowl.
- ☐ Add olive oil, parsley, lemon peel, garlic, and pepper.
- ☐ Mix to coat. Thread shrimp on metal or soaked wooden skewers, running skewer through the body once near the tail and once near the head end of each shrimp so it looks like the letter C.
- ☐ Lay shrimp skewers on an oiled barbecue grill over hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds); close lid on gas grill. Cook, turning once, until shrimp are bright pink and opaque but still moist-looking in center of thickest part (cut to test), 5 to 6 minutes total.
- ☐ Serve with lemon wedges to squeeze over shrimp.
- ☐ Wine Pick: Dry ros or Sauvignon Blanc. The shrimp are both sweet and salty, so they call for some soft, round fruit balanced with crispness in a wine. Bonny Doon Vineyards' Ca' del Solo Big House Pink (\$1
- ☐ meshes perfectly and is a great toes-in-the-sand beverage; Joel Gott's Napa Valley Three Ranches Sauvignon Blanc (\$1
- ☐ works well too.

Nutrition Facts



 PROTEIN **53.14%**  FAT **38.41%**  CARBS **8.45%**

Properties

Glycemic Index:23.7, Glycemic Load:2.21, Inflammation Score:-2, Nutrition Score:6.29173913922%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 170.36kcal (8.52%), Fat: 7.37g (11.33%), Saturated Fat: 1.05g (6.57%), Carbohydrates: 3.65g (1.22%), Net Carbohydrates: 3.43g (1.25%), Sugar: 3.07g (3.42%), Cholesterol: 182.57mg (60.86%), Sodium: 1880.49mg (81.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.93g (45.86%), Vitamin K: 35.03µg (33.36%), Phosphorus: 245.35mg (24.54%), Copper: 0.45mg (22.64%), Zinc: 1.56mg (10.38%), Magnesium: 41.27mg (10.32%), Potassium: 317.49mg (9.07%), Calcium: 79.52mg (7.95%), Vitamin E: 0.99mg (6.61%), Vitamin C: 4.23mg (5.12%), Iron: 0.8mg (4.43%), Manganese: 0.07mg (3.69%), Vitamin A: 159.3IU (3.19%)