



## Lemon Ginger Shrimp

 **Gluten Free**  **Dairy Free**

READY IN



150 min.

SERVINGS



9

CALORIES



167 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons cilantro leaves fresh minced
- 2 tablespoons ginger root fresh grated
- 2 cloves garlic peeled
- 0.5 teaspoon ground pepper black
- 3 pounds shrimp deveined peeled
- 0.3 cup juice of lemon
- 0.5 cup olive oil
- 1 onion chopped

- 1 teaspoon paprika
- 0.5 teaspoon salt
- 2 teaspoons sesame oil

## Equipment

- food processor
- blender
- grill
- skewers

## Directions

- In a blender or food processor, process the olive oil, sesame oil, lemon juice, onion, garlic, ginger, cilantro, paprika, salt, and pepper until smooth. Reserve a small amount for basting.
- Pour the remaining mixture into a dish, add shrimp, and stir to coat. Cover, and refrigerate for 2 hours.
- Preheat grill for medium heat. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard marinade.
- Lightly oil grill grate. Grill shrimp for 2 to 3 minutes per side, or until opaque. Baste with reserved sauce while cooking.

## Nutrition Facts



## Properties

Glycemic Index:16.78, Glycemic Load:0.37, Inflammation Score:-2, Nutrition Score:6.1965216514857%

## Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.56mg

Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

## Nutrients (% of daily need)

Calories: 167.14kcal (8.36%), Fat: 4.14g (6.36%), Saturated Fat: 0.63g (3.93%), Carbohydrates: 2.3g (0.77%), Net Carbohydrates: 1.92g (0.7%), Sugar: 0.75g (0.83%), Cholesterol: 243.43mg (81.14%), Sodium: 310.25mg (13.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.66g (61.33%), Phosphorus: 330.11mg (33.01%), Copper: 0.61mg (30.3%), Magnesium: 56mg (14%), Zinc: 2.08mg (13.83%), Potassium: 440.17mg (12.58%), Calcium: 102.6mg (10.26%), Iron: 0.91mg (5.07%), Manganese: 0.1mg (4.98%), Vitamin C: 3.84mg (4.65%), Vitamin E: 0.44mg (2.96%), Vitamin A: 116.77IU (2.34%), Vitamin K: 2.26µg (2.16%), Vitamin B6: 0.03mg (1.69%), Fiber: 0.38g (1.53%), Folate: 4.05µg (1.01%)