



Lemon Grass Skewered Shrimp



Gluten Free



Dairy Free

READY IN



254 min.

SERVINGS



2

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 servings cilantro leaves chopped
- ☐ 1 clove garlic chopped
- ☐ 2 servings ground pepper fresh black
- ☐ 6 pieces lemongrass cut in 3-inch pieces
- ☐ 1 pinch sea salt
- ☐ 6 shrimp
- ☐ 10 thai basil leaves chopped
- ☐ 2 servings wooden skewers soaked in water for 20 minutes

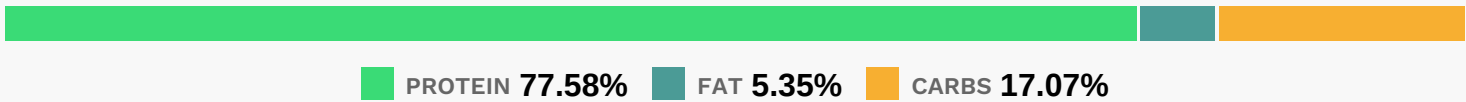
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ Skewer shrimp and lemongrass.
- ☐ Mix garlic, Thai basil leaves, salt, pepper and cilantro together in a large bowl.
- ☐ Brush skewered shrimp with marinade. Marinate covered for 4 hours in the refrigerator. Grill skewers for about 2 minutes on each side.

Nutrition Facts



Properties

Glycemic Index:82, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:2.6369565556879%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 31.44kcal (1.57%), Fat: 0.19g (0.3%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 1.38g (0.46%), Net Carbohydrates: 1.28g (0.47%), Sugar: 0.02g (0.03%), Cholesterol: 48.3mg (16.1%), Sodium: 67.49mg (2.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.26g (12.51%), Manganese: 0.23mg (11.39%), Copper: 0.18mg (8.84%), Vitamin K: 8.8µg (8.38%), Phosphorus: 70.85mg (7.09%), Magnesium: 16.52mg (4.13%), Zinc: 0.53mg (3.52%), Calcium: 35.02mg (3.5%), Potassium: 114.66mg (3.28%), Iron: 0.5mg (2.79%), Vitamin A: 113.11IU (2.26%), Vitamin B6: 0.02mg (1.23%), Vitamin C: 0.93mg (1.13%)