



Margarita Grilled Shrimp

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



200 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 bamboo skewers for 20 minutes
- 3 tablespoons cilantro leaves fresh chopped
- 2 cloves garlic minced
- 0.3 teaspoon ground pepper red
- 2 tablespoons juice of lime fresh
- 3 tablespoons olive oil
- 0.3 teaspoon salt
- 1 pound shrimp deveined peeled

2 teaspoons tequila

Equipment

bowl

grill

skewers

Directions

Combine the shrimp, garlic, lime juice, olive oil, tequila, cilantro, red pepper, and salt in a bowl; toss to combine; refrigerate 30 minutes.

Preheat an outdoor grill for high heat and lightly oil grate.

Drain the marinade from the shrimp and discard; thread the shrimp on the skewers.

Cook on preheated grill until the shrimp turn pink, 2 to 3 minutes per side.

Nutrition Facts

PROTEIN 46.65% **FAT 50.83%** **CARBS 2.52%**

Properties

Glycemic Index:35.25, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:5.1439130209062%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 199.75kcal (9.99%), Fat: 11.12g (17.1%), Saturated Fat: 1.57g (9.82%), Carbohydrates: 1.24g (0.41%), Net Carbohydrates: 1.12g (0.41%), Sugar: 0.18g (0.2%), Cholesterol: 182.57mg (60.86%), Sodium: 281.17mg (12.22%), Alcohol: 0.83g (100%), Alcohol %: 0.77% (100%), Protein: 22.96g (45.92%), Phosphorus: 246.88mg (24.69%), Copper: 0.45mg (22.64%), Vitamin E: 1.58mg (10.54%), Zinc: 1.56mg (10.37%), Magnesium: 40.98mg (10.24%), Potassium: 319.23mg (9.12%), Calcium: 77mg (7.7%), Vitamin K: 7.42µg (7.07%), Iron: 0.7mg (3.9%), Vitamin C: 2.91mg (3.52%), Manganese: 0.07mg (3.5%), Vitamin A: 76.27IU (1.53%), Vitamin B6: 0.03mg (1.32%)