



## Margarita Shrimp Kabobs



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



169 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 teaspoon lime zest grated
- ☐ 0.3 cup juice of lime
- ☐ 2 cloves garlic finely chopped
- ☐ 2 tablespoons tequila
- ☐ 0.3 teaspoon salt
- ☐ 1 lb shrimp frozen thawed deveined uncooked peeled ( 24)
- ☐ 1 medium zucchini cut into 1/2-inch slices
- ☐ 1 large bell pepper red cut into bite-size pieces

☐ 1 tablespoon vegetable oil

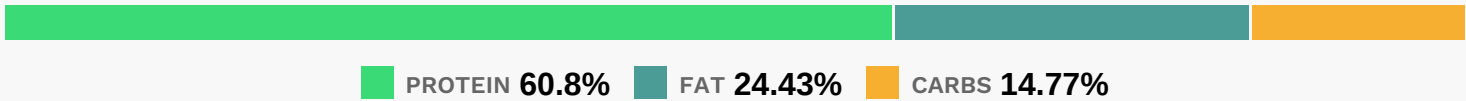
Equipment

- ☐ grill
- ☐ ziploc bags
- ☐ metal skewers

Directions

- ☐ Heat gas or charcoal grill. In large resealable food-storage plastic bag, mix lime peel, lime juice, garlic, tequila and salt; add shrimp. Seal bag, squeezing out air; turn to coat shrimp.
- ☐ Let stand 10 minutes to marinate.
- ☐ Drain shrimp; discard marinade.
- ☐ On each of 8 (12-inch) metal skewers, alternately thread shrimp, zucchini and bell pepper, leaving 1/4-inch space between each piece.
- ☐ Brush with 1 tablespoon oil.
- ☐ Carefully brush grill rack with additional oil.
- ☐ Place kabobs on grill over medium-high heat. Cover grill; cook 5 to 6 minutes, turning once, until shrimp are pink and vegetables are crisp-tender.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.82, Inflammation Score:-8, Nutrition Score:12.286086922107%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.57mg, Hesperetin: 1.57mg, Hesperetin: 1.57mg, Hesperetin: 1.57mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 168.93kcal (8.45%), Fat: 4.28g (6.58%), Saturated Fat: 0.7g (4.38%), Carbohydrates: 5.82g (1.94%), Net Carbohydrates: 4.36g (1.59%), Sugar: 3.23g (3.58%), Cholesterol: 182.57mg (60.86%), Sodium: 286.49mg (12.46%), Alcohol: 2.51g (100%), Alcohol %: 1.37% (100%), Protein: 23.95g (47.91%), Vitamin C: 66.4mg (80.49%), Vitamin A: 1389.66IU (27.79%), Phosphorus: 276.75mg (27.68%), Copper: 0.49mg (24.35%), Potassium: 538.17mg (15.38%), Magnesium: 55.05mg (13.76%), Zinc: 1.81mg (12.08%), Vitamin B6: 0.22mg (11.19%), Vitamin K: 10.49µg (9.99%), Manganese: 0.2mg (9.98%), Calcium: 88.37mg (8.84%), Folate: 32.22µg (8.05%), Vitamin E: 1.02mg (6.8%), Fiber: 1.46g (5.83%), Iron: 0.99mg (5.52%), Vitamin B2: 0.09mg (5.01%), Vitamin B1: 0.05mg (3.44%), Vitamin B3: 0.66mg (3.28%), Vitamin B5: 0.26mg (2.59%)