



Marinated Grilled Shrimp Cocktail



Gluten Free



Dairy Free

READY IN



263 min.

SERVINGS



4

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 bamboo skewers for 20 minutes, or metal skewers
- ☐ 2 tablespoons cilantro leaves fresh finely chopped
- ☐ 1 teaspoon garlic minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup citrus olive oil
- ☐ 1 pound prawns size 16 to 20 or larger
- ☐ 2 tablespoons onion red minced
- ☐ 4 servings salt and pepper black freshly ground

Equipment

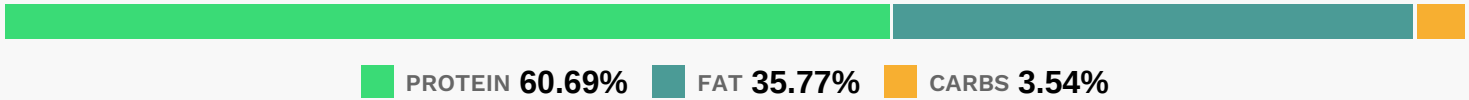
- ☐ bowl
- ☐ whisk
- ☐ baking pan
- ☐ grill
- ☐ broiler
- ☐ skewers
- ☐ mortar and pestle
- ☐ cutting board

Directions

- ☐ Cut along the back about 1/4-inch deep through the shell of each prawn to remove the vein. Put prawns in a shallow, non-aluminum baking dish.
- ☐ In a small bowl, whisk together citrus oil, onion, garlic, cilantro, and lemon juice.
- ☐ Pour over prawns, cover, and let marinate, refrigerated, 1 to 4 hours.
- ☐ Preheat grill or broiler.
- ☐ When ready to cook, thread prawns on skewers and discard marinade. Season with salt and pepper, to taste, and grill or broil, turning once, until just done, 2 to 3 minutes.
- ☐ Shrimp can be served warm or at room temperature. They are delicious on their own or with Citrus Aioli.
- ☐ Cook's Note: Leaving the shells on the prawns protects them from drying out during cooking. This method works so well that I use it often when preparing shrimp or prawns for salads, pasta, pizza, and sandwiches. Simply reduce the cooking time if they will later be cooked more, for instance as part of a sauce or pizza topping. Peel shrimp after they come off the grill.
- ☐ cloves garlic
- ☐ Coarse salt
- ☐ cup prepared mayonnaise
- ☐ lemons, zested

- ☐ lemon, juiced
- ☐ Freshly ground black pepper
- ☐ Using a mortar and pestle, or on a cutting board, finely mash the garlic cloves with a pinch of salt.
- ☐ In a bowl, mix the garlic paste with remaining ingredients and serve. Keep refrigerated until ready to serve.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:0.19, Inflammation Score:-4, Nutrition Score:4.7543477863073%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 149.38kcal (7.47%), Fat: 6.01g (9.25%), Saturated Fat: 0.87g (5.42%), Carbohydrates: 1.34g (0.45%), Net Carbohydrates: 1.17g (0.42%), Sugar: 0.43g (0.48%), Cholesterol: 182.57mg (60.86%), Sodium: 135.64mg (5.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.95g (45.91%), Phosphorus: 246.37mg (24.64%), Copper: 0.45mg (22.58%), Zinc: 1.55mg (10.33%), Magnesium: 41.09mg (10.27%), Potassium: 320.63mg (9.16%), Calcium: 76.24mg (7.62%), Vitamin E: 0.8mg (5.35%), Vitamin C: 3.57mg (4.33%), Vitamin K: 4.07µg (3.87%), Iron: 0.67mg (3.7%), Manganese: 0.07mg (3.62%), Vitamin B6: 0.02mg (1.03%)