

Maui Wowie Shrimp

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pinch garlic salt to taste
- ☐ 6 servings ground pepper black to taste
- ☐ 1 optional: lemon cut into wedges
- ☐ 1 cup mayonnaise
- ☐ 2 pounds shrimp deveined uncooked peeled

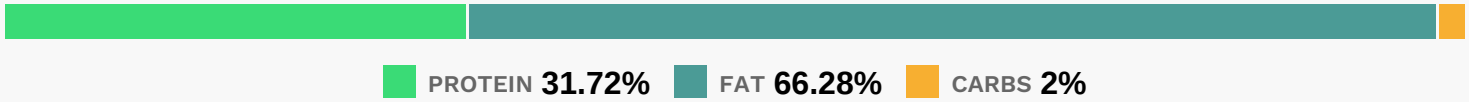
Equipment

- ☐ grill
- ☐ skewers

Directions

- ☐ Preheat outdoor grill for medium heat, and lightly oil the grate.
- ☐ Thread shrimp onto skewers. Season both sides of shrimp with garlic salt and black pepper.
- ☐ Generously coat both sides of shrimp with mayonnaise.
- ☐ Cook shrimp on heated grill until shrimp are bright pink on the outside and opaque on the inside, and the mayonnaise turns golden brown, 5 to 10 minutes on each side.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:17.92, Glycemic Load:0.42, Inflammation Score:-1, Nutrition Score:9.1708695075434%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 387.86kcal (19.39%), Fat: 28.75g (44.24%), Saturated Fat: 4.53g (28.31%), Carbohydrates: 1.95g (0.65%), Net Carbohydrates: 1.43g (0.52%), Sugar: 0.66g (0.74%), Cholesterol: 259.11mg (86.37%), Sodium: 423.83mg (18.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.96g (61.91%), Vitamin K: 61.02µg (58.11%), Phosphorus: 334.44mg (33.44%), Copper: 0.61mg (30.31%), Zinc: 2.09mg (13.96%), Magnesium: 54.9mg (13.73%), Potassium: 432.8mg (12.37%), Vitamin C: 9.54mg (11.56%), Calcium: 104.88mg (10.49%), Vitamin E: 1.25mg (8.35%), Iron: 0.98mg (5.46%), Manganese: 0.07mg (3.53%), Fiber: 0.53g (2.12%), Selenium: 0.94µg (1.34%)