



Mixed Seafood Grill with Lemon Butter

 Gluten Free

READY IN



24 min.

SERVINGS



4

CALORIES



159 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter melted
- ☐ 1 tablespoon parsley fresh minced
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.1 teaspoon lemon zest grated
- ☐ 0.3 teaspoon salt
- ☐ 0.8 pound scallops (16 to 18)
- ☐ 1 tablespoon shallots minced

☐ 0.8 pound shrimp unpeeled (22 to 24)

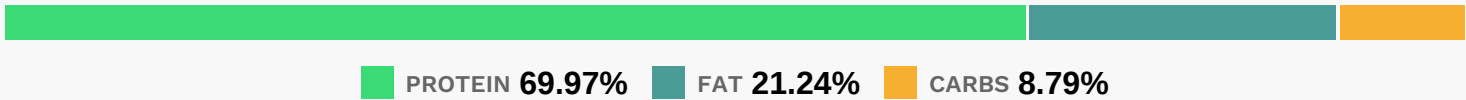
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Prepare grill.
- ☐ Peel and devein shrimp, leaving tails intact. Thread shrimp onto 4 (10-inch) skewers.
- ☐ Thread scallops onto 3 (10-inch) skewers.
- ☐ Place shrimp and scallops on grill rack coated with cooking spray. Grill shrimp, uncovered, 2 minutes on each side or until done; grill scallops, uncovered, 3 to 4 minutes on each side or until done.
- ☐ Remove seafood from skewers, and place in a large bowl.
- ☐ Add butter and remaining ingredients; toss.
- ☐ Serve immediately.
- ☐ Note: If using wooden skewers, soak them in water for 30 minutes to prevent the wood from burning on the grill.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:0.13, Inflammation Score:-2, Nutrition Score:8.3073911900106%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 159.12kcal (7.96%), Fat: 3.71g (5.71%), Saturated Fat: 2g (12.49%), Carbohydrates: 3.45g (1.15%), Net Carbohydrates: 3.29g (1.2%), Sugar: 0.27g (0.3%), Cholesterol: 164.86mg (54.95%), Sodium: 603.36mg (26.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.5g (54.99%), Phosphorus: 469.39mg (46.94%), Vitamin B12: 1.21µg (20.09%), Copper: 0.36mg (17.9%), Vitamin K: 16.87µg (16.07%), Selenium: 10.96µg (15.66%), Zinc: 1.94mg (12.94%), Magnesium: 49.95mg (12.49%), Potassium: 417.97mg (11.94%), Calcium: 63.56mg (6.36%), Iron: 0.87mg (4.86%), Folate: 16.61µg (4.15%), Vitamin B6: 0.07mg (3.67%), Vitamin A: 175.22IU (3.5%), Manganese: 0.07mg (3.4%), Vitamin C: 2.58mg (3.13%), Vitamin B3: 0.62mg (3.11%), Vitamin B5: 0.2mg (2.03%)