



Mojito Shrimp

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



68 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings mojito marinade
- ☐ 2 tablespoons juice of lime fresh
- ☐ 6 servings mint sprigs
- ☐ 1 lbs shrimp deveined peeled per lb., tails on)

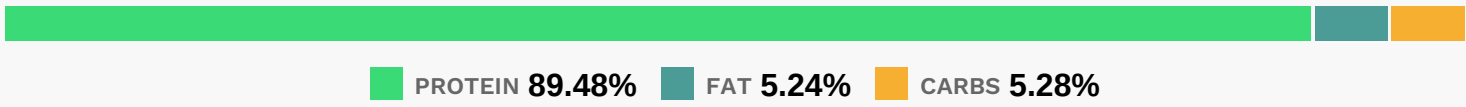
Equipment

- ☐ grill
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ Prepare a gas or charcoal grill for high heat (you can hold your hand 1 to 2 in. above cooking grate only 1 to 2 seconds). Meanwhile, put shrimp in a 1-gal. resealable plastic bag and pour in marinade. Seal and marinate at room temperature 15 to 20 minutes.
- ☐ Remove shrimp, reserving marinade. Thread shrimp onto 6 or 7 (10- to 14-in.) metal or bamboo skewers.
- ☐ Arrange shrimp on grill and baste with marinade (dab some mint and shallot onto shrimp); close lid. Cook until shrimp are just beginning to brown, 1 to 2 minutes. Turn shrimp over, baste again, and close lid. Cook 1 to 2 minutes until browned but still moist in center (cut to check).
- ☐ Transfer shrimp to a platter, drizzle with lime juice, and garnish with mint sprigs.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.8434782604808%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 67.88kcal (3.39%), Fat: 0.4g (0.61%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 0.9g (0.3%), Net Carbohydrates: 0.8g (0.29%), Sugar: 0.36g (0.4%), Cholesterol: 121.71mg (40.57%), Sodium: 109.26mg (4.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.31g (30.62%), Phosphorus: 163.21mg (16.32%), Copper: 0.3mg (15.01%), Magnesium: 27.66mg (6.91%), Zinc: 1.03mg (6.85%), Potassium: 211.68mg (6.05%), Calcium: 51.51mg (5.15%), Iron: 0.45mg (2.49%), Vitamin C: 1.82mg (2.2%), Manganese: 0.04mg (1.88%)