



Orange and Roasted Garlic Shrimp Skewers



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



163 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings barley with spring greens risotto-style
- ☐ 0.3 cup cooking wine dry white
- ☐ 20 large garlic cloves unpeeled
- ☐ 2 cups orange juice
- ☐ 0.8 cup parsley fresh italian chopped
- ☐ 1.8 pounds shrimp deveined uncooked peeled

Equipment

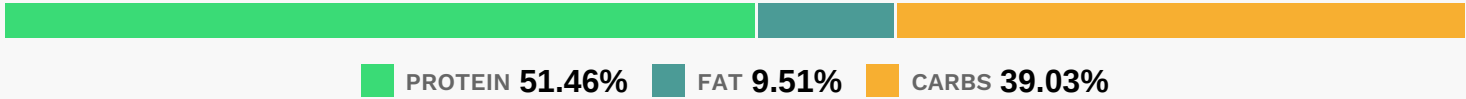
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Preheat oven to 325°F.
- ☐ Place garlic and wine in center of foil sheet.
- ☐ Sprinkle with salt and pepper. Enclose with foil; crimp edges to seal.
- ☐ Bake until garlic is very tender, about 50 minutes. Squeeze garlic between fingers to release cloves.
- ☐ Transfer garlic and any cooking liquid to blender.
- ☐ Meanwhile, combine orange juice and reserved shrimp shells in heavy medium saucepan. Boil until liquid is reduced to 3/4 cup, about 10 minutes. Strain liquid into blender with garlic; discard shrimp shells. Puree until mixture is smooth. Cool marinade completely.
- ☐ Mix shrimp and marinade in bowl. Cover; chill 1 1/2 hours.
- ☐ Drain marinade.
- ☐ Thread 5 shrimp onto each skewer.
- ☐ Place parsley in shallow dish. Coat 1 side of each shrimp skewer with parsley.
- ☐ Spray large nonstick skillet with nonstick spray.
- ☐ Place skillet over medium-high heat.
- ☐ Add 6 shrimp skewers to skillet, parsley side down; cook until shrimp are pink and just cooked through, about 1 1/2 minutes per side. Wipe out skillet, then spray with more nonstick spray. Repeat with remaining 6 shrimp skewers.
- ☐ Spoon barley with greens onto plates. Top with shrimp and serve.
- ☐ Per serving (without risotto): calories, 153; total fat, 3 g; saturated fat, 0.5 g; cholesterol, 201 mg.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:5.43, Inflammation Score:-8, Nutrition Score:22.052608640298%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 9.92mg, Hesperetin: 9.92mg, Hesperetin: 9.92mg, Hesperetin: 9.92mg Naringenin: 1.81mg, Naringenin: 1.81mg, Naringenin: 1.81mg, Naringenin: 1.81mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 1.32mg, Myricetin: 1.32mg, Myricetin: 1.32mg, Myricetin: 1.32mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 163.33kcal (8.17%), Fat: 1.64g (2.52%), Saturated Fat: 0.19g (1.22%), Carbohydrates: 15.13g (5.04%), Net Carbohydrates: 14.51g (5.28%), Sugar: 7.2g (8%), Cholesterol: 166.7mg (55.57%), Sodium: 766.43mg (33.32%), Alcohol: 1.03g (100%), Alcohol %: 0.46% (100%), Protein: 19.95g (39.9%), Vitamin K: 123.69µg (117.8%), Vitamin C: 63.71mg (77.22%), Selenium: 40.84µg (58.34%), Phosphorus: 373.91mg (37.39%), Vitamin A: 1490.57IU (29.81%), Vitamin B12: 1.47µg (24.48%), Vitamin B6: 0.41mg (20.69%), Folate: 76.54µg (19.13%), Copper: 0.34mg (16.93%), Vitamin B3: 3.08mg (15.41%), Manganese: 0.3mg (14.98%), Potassium: 472.38mg (13.5%), Magnesium: 49.85mg (12.46%), Vitamin E: 1.84mg (12.29%), Calcium: 115.08mg (11.51%), Zinc: 1.62mg (10.78%), Vitamin B1: 0.14mg (9.32%), Iron: 1.36mg (7.54%), Vitamin B5: 0.71mg (7.09%), Vitamin B2: 0.08mg (4.97%), Fiber: 0.62g (2.49%)