



Ouzo-Rosemary Shrimp on Lemon Orzo

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 cups chicken broth
- ☐ 1 bunch chives chopped
- ☐ 2 tablespoons juice of lemon
- ☐ 1 teaspoon lemon zest
- ☐ 4 long
- ☐ 4 tablespoons olive oil divided
- ☐ 1 cup orzo pasta

- ☐ 0.3 cup ouzo
- ☐ 1 rosemary sprig minced (4 in.)
- ☐ 1 teaspoon salt divided
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 4 medium zucchini

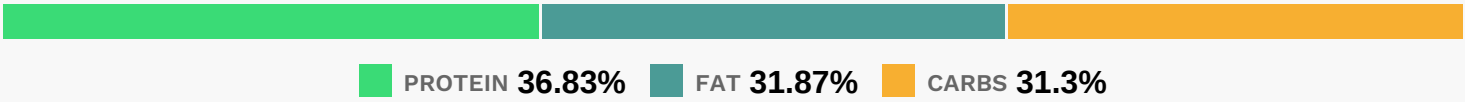
Equipment

- ☐ bowl
- ☐ pot
- ☐ grill
- ☐ skewers

Directions

- ☐ Prepare a charcoal or gas grill for medium-high heat (you can hold your hand at grill level only 3 to 4 seconds).
- ☐ In a medium pot, bring chicken broth and 2 cups water to a boil.
- ☐ Add orzo and cook until tender to the bite, about 8 minutes. In a medium bowl, mix 1 tbsp. olive oil, lemon zest, lemon juice, chives, and 1/4 tsp. salt.
- ☐ Drain orzo and transfer to bowl; toss with lemon mixture. Cover and set aside until ready to serve.
- ☐ Meanwhile, in a large bowl, combine 2 tbsp. olive oil, ouzo, rosemary, 1/2 tsp. salt, and pepper.
- ☐ Add shrimp and toss. Set aside for 15 minutes.
- ☐ Trim ends off zucchini and cut on the bias into long, oval, 1/4-in.-thick slices.
- ☐ Brush slices with remaining 1 tbsp. olive oil and sprinkle with remaining 1/4 tsp. salt. Set aside.
- ☐ Drain shrimp, reserving marinade, and thread onto skewers.
- ☐ Grill zucchini slices and shrimp skewers, covered, 3 minutes. Turn slices and skewers over, brush shrimp with reserved marinade, cover, and cook until zucchini is soft and browned and shrimp is pink and starting to brown, about 3 minutes.
- ☐ Transfer to a platter and serve immediately, with lemon orzo on the side.

Nutrition Facts



Properties

Glycemic Index:65.25, Glycemic Load:12.22, Inflammation Score:-6, Nutrition Score:20.996521752814%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 496.14kcal (24.81%), Fat: 16.61g (25.55%), Saturated Fat: 2.42g (15.1%), Carbohydrates: 36.69g (12.23%), Net Carbohydrates: 33.33g (12.12%), Sugar: 7.17g (7.96%), Cholesterol: 278.56mg (92.85%), Sodium: 1674.25mg (72.79%), Alcohol: 5.01g (100%), Alcohol %: 0.93% (100%), Protein: 43.18g (86.36%), Phosphorus: 522.91mg (52.29%), Vitamin C: 39.23mg (47.55%), Copper: 0.93mg (46.29%), Manganese: 0.91mg (45.27%), Selenium: 25.7µg (36.71%), Potassium: 1104.38mg (31.55%), Magnesium: 119.01mg (29.75%), Zinc: 3.64mg (24.24%), Vitamin B2: 0.35mg (20.58%), Vitamin B6: 0.38mg (19.06%), Vitamin K: 19.43µg (18.51%), Calcium: 161.67mg (16.17%), Vitamin E: 2.4mg (16.03%), Folate: 56.7µg (14.18%), Fiber: 3.37g (13.47%), Iron: 2.42mg (13.45%), Vitamin B1: 0.18mg (11.76%), Vitamin B3: 2.07mg (10.37%), Vitamin A: 443.08IU (8.86%), Vitamin B5: 0.61mg (6.05%)