



## Pesto Grilled Shrimp

 **Gluten Free**  **Popular**

READY IN



**40 min.**

SERVINGS



**4**

CALORIES



**188 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup basil packed
- 1 small clove garlic
- 1 tablespoon juice of lemon (-)
- 2 tablespoons olive oil
- 2 tablespoons parmigiano reggiano grated (parmesan)
- 1 tablespoon pinenuts toasted
- 4 servings salt and pepper to taste
- 1 pound shrimp peeled

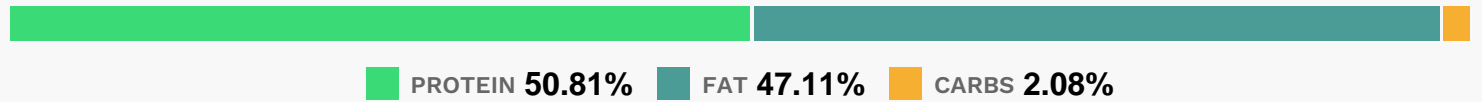
# Equipment

- food processor
- blender
- grill
- skewers

# Directions

- Pulse the basil, garlic, pine nuts, parmesan, oil, lemon juice, salt and pepper in a food processor or blender until smooth. Marinate the shrimp in the pesto for at least 20 minutes, up to overnight, in the fridge. Skewer the shrimp and grill over medium-high heat until cooked, about 2-3 minutes per side.

# Nutrition Facts



# Properties

Glycemic Index:31.75, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:6.8108695557584%

# Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

# Nutrients (% of daily need)

Calories: 187.53kcal (9.38%), Fat: 9.97g (15.33%), Saturated Fat: 1.62g (10.1%), Carbohydrates: 0.99g (0.33%), Net Carbohydrates: 0.83g (0.3%), Sugar: 0.22g (0.25%), Cholesterol: 184.27mg (61.42%), Sodium: 369.26mg (16.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.18g (48.37%), Phosphorus: 277.52mg (27.75%), Copper: 0.49mg (24.59%), Vitamin K: 18.07µg (17.21%), Manganese: 0.31mg (15.3%), Magnesium: 49.4mg (12.35%), Zinc: 1.78mg (11.9%), Calcium: 109.66mg (10.97%), Potassium: 332.43mg (9.5%), Vitamin E: 1.28mg (8.51%), Iron: 0.9mg (5%), Vitamin A: 178.79IU (3.58%), Vitamin C: 2.25mg (2.72%), Vitamin B2: 0.02mg (1.04%), Vitamin B6: 0.02mg (1.01%)