



## Ron's Grilled Shrimp

 Gluten Free  Dairy Free

READY IN



141 min.

SERVINGS



4

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon pepper red crushed
- 2 tablespoons basil fresh finely chopped
- 2 tablespoons cilantro leaves fresh finely chopped
- 2 tablespoons parsley fresh finely chopped
- 1 tablespoon garlic minced
- 2 pounds shrimp deveined peeled
- 0.3 cup juice of lemon
- 0.3 cup juice of lime

- 0.3 cup olive oil
- 0.3 teaspoon pepper
- 2 tablespoons red wine vinegar
- 0.3 teaspoon salt

## Equipment

- bowl
- grill

## Directions

- Combine lime juice, lemon juice, olive oil, and vinegar in a large bowl.
- Add cilantro, parsley, basil, salt, pepper, garlic, and crushed red pepper; mix thoroughly.
- Add shrimp and toss to coat. Cover and refrigerate for 1 to 2 hours, tossing occasionally.
- Preheat grill for medium-high heat.
- Place shrimp in a grill basket. Grill shrimp until pink on the outside and opaque in the center, 5 to 6 minutes. Stirring regularly during cooking.

## Nutrition Facts



## Properties

Glycemic Index:49, Glycemic Load:0.23, Inflammation Score:-3, Nutrition Score:12.446956401286%

## Flavonoids

Eriodictyol: 1.08mg, Eriodictyol: 1.08mg, Eriodictyol: 1.08mg, Eriodictyol: 1.08mg Hesperetin: 3.56mg, Hesperetin: 3.56mg, Hesperetin: 3.56mg, Hesperetin: 3.56mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

## Nutrients (% of daily need)

Calories: 365.45kcal (18.27%), Fat: 19.28g (29.66%), Saturated Fat: 2.73g (17.08%), Carbohydrates: 3.37g (1.12%), Net Carbohydrates: 3.02g (1.1%), Sugar: 0.7g (0.78%), Cholesterol: 365.14mg (121.71%), Sodium: 422.36mg (18.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.97g (91.95%), Phosphorus: 495.1mg (49.51%), Vitamin K: 49µg (46.67%), Copper: 0.91mg (45.58%), Magnesium: 84.59mg (21.15%), Zinc: 3.13mg (20.85%), Potassium: 664.91mg (19%), Vitamin E: 2.77mg (18.5%), Vitamin C: 14mg (16.97%), Calcium: 158.56mg (15.86%), Iron: 1.59mg (8.83%), Manganese: 0.15mg (7.62%), Vitamin A: 318.19IU (6.36%), Vitamin B6: 0.05mg (2.34%), Folate: 8.56µg (2.14%), Fiber: 0.35g (1.42%)