



Rosemary Shrimp Scampi Skewers



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



173 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon wine dry white
- ☐ 1 garlic minced
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 teaspoon olive oil
- ☐ 6 sprigs rosemary (6-inch)
- ☐ 0.1 teaspoon salt
- ☐ 0.8 pound shrimp deveined peeled

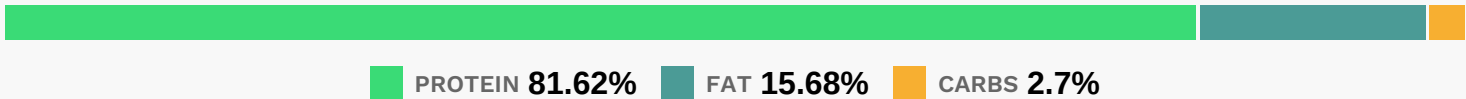
Equipment

- ☐ frying pan
- ☐ ziploc bags
- ☐ skewers
- ☐ grill pan

Directions

- ☐ Combine first 6 ingredients in a zip-top plastic bag.
- ☐ Add shrimp to bag; seal and shake to coat. Marinate in refrigerator 30 minutes, turning bag occasionally.
- ☐ Working with 1 rosemary sprig at a time, hold leafy end of sprig in 1 hand. Strip leaves off sprig with other hand, leaving 1/2 inch of leaves attached to leafy end of sprig. Repeat procedure with remaining rosemary sprigs to make 6 rosemary skewers. Thread 3 shrimp onto each rosemary skewer.
- ☐ Heat a grill pan over medium-high heat. Coat both sides of shrimp skewers with cooking spray. Arrange 3 skewers on pan; cook 2 minutes on each side or until shrimp are done.
- ☐ Remove from pan; keep warm. Repeat procedure with remaining skewers.
- ☐ Serve with lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:73.5, Glycemic Load:0.23, Inflammation Score:0, Nutrition Score:6.4043479095335%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 172.5kcal (8.63%), Fat: 2.93g (4.51%), Saturated Fat: 0.47g (2.96%), Carbohydrates: 1.14g (0.38%), Net Carbohydrates: 0.94g (0.34%), Sugar: 0.15g (0.17%), Cholesterol: 273.86mg (91.29%), Sodium: 348.63mg (15.16%), Alcohol: 0.77g (100%), Alcohol %: 0.53% (100%), Protein: 34.33g (68.65%), Phosphorus: 368.26mg (36.83%), Copper: 0.67mg (33.68%), Zinc: 2.32mg (15.46%), Magnesium: 61.69mg (15.42%), Potassium: 467.55mg (13.36%), Calcium: 116.91mg (11.69%), Iron: 1.04mg (5.8%), Manganese: 0.11mg (5.61%), Vitamin E: 0.29mg (1.96%), Vitamin C: 1.62mg (1.96%), Vitamin B6: 0.03mg (1.45%), Vitamin K: 1.46µg (1.39%)