



## Shrimp and Shiitake Kebabs

 **Gluten Free**  **Dairy Free**

READY IN



**25 min.**

SERVINGS



**8**

CALORIES



**155 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 servings pepper black freshly ground
- 1.5 tablespoons coarse salt
- 0.3 cup rosemary leaves fresh packed
- 6 large garlic cloves
- 1.5 pounds shrimp
- 1 cup juice of lemon fresh
- 1.5 cups olive oil
- 16 mushroom caps trimmed

- 0.3 cup tender thyme sprigs fresh packed
- 10 inch wooden skewers
- 10 inch wooden skewers

## Equipment

- bowl
- whisk
- sieve
- grill
- broiler
- ziploc bags
- skewers

## Directions

- Clean mushrooms.
- Place mushrooms in a small bowl and mix with 1/4 cup marinade. Marinate at least 1 hour (and up to
- in a sealable bag.
- If desired, shell shrimp. In a large heavy-duty sealable plastic bag combine shrimp with 3/4 cup marinade and seal bag, pressing out excess air. Marinate shrimp, chilled, for at least 30 minutes and up to 1 hour. Soak skewers in warm water 30 minutes. Prepare grill.
- Drain shrimp, discarding marinade. In a sieve set over a bowl drain mushrooms and reserved mushroom marinade for basting. Thread 3 shrimp and 2 mushrooms, alternating shrimp with mushrooms, and keeping the mushrooms flat onto skewers. Kebabs may be assembled 1 hour ahead and chilled, covered.
- Grill kebabs on a lightly oiled rack set 5 to 6 inches over glowing coals, basting with reserved marinade and turning them occasionally, until just cooked through, about 3 minutes on each side. (Alternatively, broil kebabs under a preheated broiler 2 to 3 inches from heat about 2 1/2 minutes on each side.)
- Drizzle kebabs with remaining 1/4 cup marinade.
- Mince together garlic, thyme sprigs, and rosemary with salt and mash to a coarse paste.

In a bowl whisk together garlic paste and remaining ingredients until emulsified. Marinade may be made 1 day ahead and chilled, covered.

## Nutrition Facts

**PROTEIN 31.76%** **FAT 52.56%** **CARBS 15.68%**

### Properties

Glycemic Index:17.38, Glycemic Load:0.69, Inflammation Score:-9, Nutrition Score:10.151739058287%

### Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

### Nutrients (% of daily need)

Calories: 154.82kcal (7.74%), Fat: 9.26g (14.25%), Saturated Fat: 1.26g (7.9%), Carbohydrates: 6.22g (2.07%), Net Carbohydrates: 4.98g (1.81%), Sugar: 1.46g (1.62%), Cholesterol: 107.16mg (35.72%), Sodium: 1793.23mg (77.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.59g (25.19%), Selenium: 27.13µg (38.76%), Phosphorus: 247.46mg (24.75%), Vitamin C: 15.69mg (19.02%), Vitamin B12: 0.94µg (15.73%), Vitamin E: 2.34mg (15.58%), Vitamin B6: 0.27mg (13.53%), Vitamin B3: 2.68mg (13.42%), Copper: 0.22mg (11.07%), Manganese: 0.19mg (9.34%), Zinc: 1.2mg (8.01%), Magnesium: 30.68mg (7.67%), Vitamin B5: 0.75mg (7.53%), Folate: 27.75µg (6.94%), Potassium: 240.4mg (6.87%), Calcium: 63.99mg (6.4%), Vitamin A: 269.42IU (5.39%), Vitamin B2: 0.09mg (5.34%), Vitamin K: 5.33µg (5.08%), Fiber: 1.25g (4.98%), Iron: 0.81mg (4.48%), Vitamin B1: 0.03mg (2.29%), Vitamin D: 0.2µg (1.31%)