



Shrimp Kebabs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon rosemary fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 Dash ground pepper red
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 0.5 teaspoon olive oil
- ☐ 1 teaspoon oregano fresh chopped

- ☐ 6 sprigs rosemary (6-inch)
- ☐ 0.3 teaspoon salt
- ☐ 18 large shrimp deveined peeled

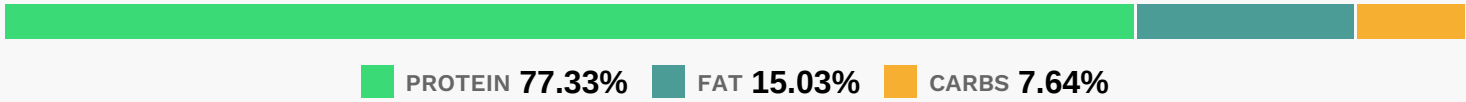
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Prepare grill.
- ☐ Combine first 10 ingredients in a zip-top plastic bag; seal and shake well. Marinate in refrigerator for 15 minutes, turning occasionally.
- ☐ Thread 3 shrimp on each rosemary sprig.
- ☐ Place prepared sprigs on grill rack coated with cooking spray; grill 2 minutes on each side or until shrimp are done.

Nutrition Facts



Properties

Glycemic Index:35.67, Glycemic Load:0.09, Inflammation Score:-5, Nutrition Score:1.5873912974544%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 30.99kcal (1.55%), Fat: 0.53g (0.81%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 0.61g (0.2%), Net Carbohydrates: 0.33g (0.12%), Sugar: 0.03g (0.03%), Cholesterol: 48.3mg (16.1%), Sodium: 132.88mg (5.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.25%), Phosphorus: 66.02mg (6.6%), Copper: 0.12mg (6.21%), Magnesium: 12.41mg (3.1%), Calcium: 28.58mg (2.86%), Zinc: 0.43mg (2.85%), Potassium: 89.63mg (2.56%), Manganese: 0.05mg (2.42%), Vitamin K: 2.36µg (2.25%), Iron: 0.38mg (2.14%), Vitamin C: 0.99mg (1.2%), Fiber: 0.28g (1.1%)