Shrimp Shish Kebabs - Spiedini di Scampi

Gluten Free | Dairy Free | Low Fod Map

READY IN	SERVINGS	CALORIES
45 min.	6	309 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 2 lemon zest juiced
- [ ] 2 ounces limoncello
- [ ] 0.3 cup olive oil extra-virgin
- [ ] 2 bunches oregano
- [ ] 4 long branches rosemary
- [ ] 3 pounds giant shrimp peeled

Equipment

- [ ] oven

- [ ] grill
- [ ] broiler
- [ ] skewers

Directions

- [ ] Divide the shrimp into four equal portions and skewer them on each of the four rosemary branches. In a large, non-reactive casserole, combine the lemon juice and zest, limoncello, oregano and olive oil and place shrimp in the marinade, turning skewers to make sure that shrimp are well-coated. Cover, place in the refrigerator and allow to marinate for 30 minutes.
- [ ] Preheat the grill or broiler. If using a charcoal grill, just before beginning to cook the shrimp, scatter the rosemary leaves over the coals. Cook each skewer for three minutes, then turn and cook for 1 minute more, basting with marinade.
- [ ] Serve either hot, or cooled.

Nutrition Facts

PROTEIN **62.68%** FAT **31.47%** CARBS **5.85%**

Properties

Glycemic Index:12.5, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:8.749565259756%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 308.71kcal (15.44%), Fat: 10.19g (15.67%), Saturated Fat: 1.48g (9.26%), Carbohydrates: 4.26g (1.42%), Net Carbohydrates: 3.88g (1.41%), Sugar: 3.73g (4.14%), Cholesterol: 365.14mg (121.71%), Sodium: 270.3mg (11.75%), Alcohol: 3.03g (100%), Alcohol %: 1.55% (100%), Protein: 45.65g (91.3%), Phosphorus: 486.12mg (48.61%), Copper: 0.89mg (44.55%), Zinc: 3.06mg (20.37%), Magnesium: 80.73mg (20.18%), Potassium: 606.87mg (17.34%), Calcium: 154.1mg (15.41%), Vitamin E: 1.36mg (9.08%), Iron: 1.39mg (7.71%), Vitamin K: 7.49µg (7.13%), Manganese: 0.09mg (4.64%), Vitamin C: 2.63mg (3.19%), Fiber: 0.38g (1.53%)