



Shrimp with Lemon-Basil Mayonnaise



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.8 teaspoon lemon pepper
- ☐ 1.5 lb shrimp frozen thawed deveined uncooked peeled
- ☐ 0.5 cup salad dressing
- ☐ 2 tablespoons roasted peppers red drained chopped (from 7-oz jar)
- ☐ 2 tablespoons basil fresh chopped

☐ 0.5 teaspoon lemon zest grated

Equipment

☐ bowl

☐ grill

Directions

☐ Heat closed medium-size contact grill for 5 to 10 minutes. In large bowl, mix butter, lemon juice, garlic powder and 1/2 teaspoon of the lemon pepper.

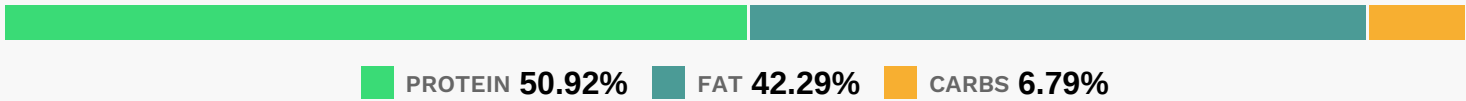
☐ Add shrimp; toss to coat.

☐ Place shrimp on grill. Close grill. Grill 4 to 6 minutes or until shrimp are pink and firm.

☐ Meanwhile, in small bowl, mix mayonnaise, bell peppers, basil, lemon peel and remaining 1/4 teaspoon lemon pepper.

☐ Serve with shrimp.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:8.2443479056592%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 269.48kcal (13.47%), Fat: 12.75g (19.62%), Saturated Fat: 2.22g (13.86%), Carbohydrates: 4.61g (1.54%), Net Carbohydrates: 4.35g (1.58%), Sugar: 3.29g (3.65%), Cholesterol: 273.86mg (91.29%), Sodium: 661.61mg (28.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.55g (69.1%), Phosphorus: 373.76mg (37.38%), Copper: 0.69mg (34.55%), Vitamin K: 21.21µg (20.2%), Magnesium: 63.71mg (15.93%), Zinc: 2.33mg (15.56%), Potassium: 501.9mg (14.34%), Calcium: 121.95mg (12.2%), Vitamin A: 354.56IU (7.09%), Manganese: 0.14mg (6.93%), Vitamin C: 5.53mg (6.7%), Iron: 1.1mg (6.13%), Vitamin E: 0.88mg (5.86%), Vitamin B6: 0.04mc (2.02%), Fiber: 0.25g (1.02%)