



## Skewered Garlic Shrimp

 Gluten Free  Dairy Free

READY IN



78 min.

SERVINGS



4

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 Tbsp cooking wine dry white
- 1 env. seasons garlic & herb dressing mix good
- 8 oz mushrooms whole
- 0.3 cup oil
- 1 onion cut into wedges
- 1 lb shrimp deveined peeled
- 0.3 cup citrus champagne vinegar

### Equipment

- grill
- skewers

## Directions

- Mix dressing mix, oil, vinegar and wine until well blended.
- Remove 1/4 cup of the dressing mixture; set aside.
- Thread shrimp and vegetables alternately on skewers; place in shallow dish.
- Pour remaining dressing mixture over kabobs; cover. Refrigerate 30 min. to 1 hour to marinate.
- Drain; discard marinade.
- Preheat grill to medium-high heat. Grill kabobs 3 to 4 min. on each side or until shrimp turn pink, turning and brushing occasionally with the reserved 1/4 cup dressing mixture.

## Nutrition Facts

**PROTEIN 39.42%** **FAT 52.78%** **CARBS 7.8%**

## Properties

Glycemic Index:19.75, Glycemic Load:1.02, Inflammation Score:-2, Nutrition Score:9.3817390452908%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

## Nutrients (% of daily need)

Calories: 256.35kcal (12.82%), Fat: 14.81g (22.78%), Saturated Fat: 1.19g (7.43%), Carbohydrates: 4.92g (1.64%), Net Carbohydrates: 3.78g (1.38%), Sugar: 2.41g (2.67%), Cholesterol: 182.57mg (60.86%), Sodium: 140.7mg (6.12%), Alcohol: 1.16g (100%), Alcohol %: 0.62% (100%), Protein: 24.88g (49.77%), Copper: 0.64mg (31.9%), Phosphorus: 303mg (30.3%), Vitamin E: 2.51mg (16.71%), Potassium: 536.79mg (15.34%), Vitamin B2: 0.24mg (14.02%), Zinc: 1.89mg (12.57%), Magnesium: 49.94mg (12.48%), Vitamin K: 11.69µg (11.13%), Vitamin B3: 2.1mg (10.51%), Vitamin B5: 0.89mg (8.9%), Calcium: 86.5mg (8.65%), Selenium: 5.43µg (7.76%), Manganese: 0.13mg (6.6%), Iron: 1.12mg

(6.23%), Vitamin B6: 0.1mg (5.01%), Fiber: 1.14g (4.56%), Vitamin C: 3.31mg (4.01%), Vitamin B1: 0.06mg (3.97%), Folate: 15.57µg (3.89%)