



Skewered Rosemary Shrimp with Mint Pesto

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons feta cheese packed ()
- ☐ 2 cups mint leaves fresh packed ()
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 garlic clove minced
- ☐ 0.5 teaspoon pepper black
- ☐ 1 tablespoon jalapeno coarsely chopped
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil

- ☐ 2 tablespoons parmesan packed ()
- ☐ 0.5 cup pinenuts toasted
- ☐ 96 inch rosemary
- ☐ 0.5 teaspoon salt
- ☐ 2 pounds shrimp deveined uncooked peeled

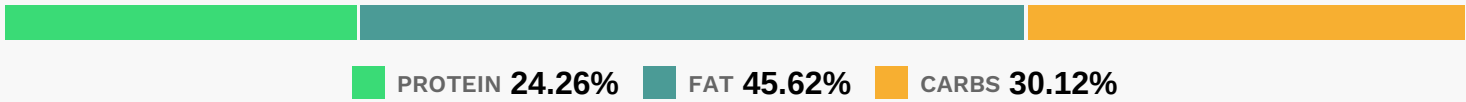
Equipment

- ☐ bowl
- ☐ whisk
- ☐ broiler
- ☐ skewers
- ☐ broiler pan

Directions

- ☐ Combine first 7 ingredients in processor. Using on/off turns, process until mixture is smooth.
- ☐ Add mint leaves and lemon juice; process until smooth, stopping occasionally to scrape down sides of bowl. Gradually add oil and process until mint pesto is smooth and creamy. (Can be made 1 day ahead; cover and refrigerate.)
- ☐ Preheat broiler.
- ☐ Sprinkle shrimp with salt and pepper.
- ☐ Whisk oil, garlic, and parsley in medium bowl to blend.
- ☐ Add shrimp; toss to coat.
- ☐ Let stand at room temperature 15 minutes. Arrange shrimp in single layer on broiler pan. Broil until opaque in center, about 2 minutes per side.
- ☐ Transfer to large bowl; sprinkle with lemon juice and toss with 1/2 cup mint pesto. Starting at base end of rosemary, skewer 1 shrimp on each sprig. Arrange on platter and serve.

Nutrition Facts



Properties

Glycemic Index:10.42, Glycemic Load:1.58, Inflammation Score:-9, Nutrition Score:9.7395652558493%

Flavonoids

Eriodictyol: 1.25mg, Eriodictyol: 1.25mg, Eriodictyol: 1.25mg, Eriodictyol: 1.25mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 98.85kcal (4.94%), Fat: 5.48g (8.43%), Saturated Fat: 1.36g (8.5%), Carbohydrates: 8.14g (2.71%), Net Carbohydrates: 3.36g (1.22%), Sugar: 0.18g (0.2%), Cholesterol: 49.17mg (16.39%), Sodium: 291.72mg (12.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.55g (13.11%), Manganese: 0.5mg (25.18%), Fiber: 4.78g (19.11%), Iron: 3.44mg (19.1%), Calcium: 173.04mg (17.3%), Selenium: 12.02µg (17.18%), Vitamin B6: 0.26mg (12.92%), Phosphorus: 126.78mg (12.68%), Vitamin A: 576.33IU (11.53%), Folate: 44.9µg (11.22%), Vitamin C: 9.2mg (11.15%), Magnesium: 41.6mg (10.4%), Copper: 0.18mg (8.84%), Vitamin B12: 0.45µg (7.48%), Zinc: 0.98mg (6.51%), Vitamin E: 0.96mg (6.4%), Potassium: 185.11mg (5.29%), Vitamin B1: 0.08mg (5.12%), Vitamin K: 5.29µg (5.03%), Vitamin B3: 0.99mg (4.95%), Vitamin B2: 0.08mg (4.71%), Vitamin B5: 0.16mg (1.61%)