



WHATSheATE



Smoky Paprika Shrimp Skewers



Gluten Free



Dairy Free



Popular

READY IN



48 min.

SERVINGS



4

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons paprika sweet
- ☐ 2 tablespoons paprika smoked
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 Tbsp juice of lime
- ☐ 0.3 cup olive oil extra virgin

- ☐ 1 pound shrimp cleaned peeled
- ☐ 4 servings bamboo skewers

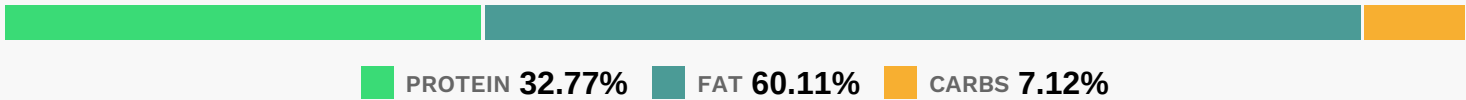
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ skewers
- ☐ grill pan

Directions

- ☐ Soak the skewers in water for at least a half an hour before grilling.
- ☐ Marinate the shrimp: In a large bowl whisk together the spices—the paprikas, cumin, garlic, salt, and pepper—and the lime juice and olive oil.
- ☐ Add the shrimp and toss to coat with the marinade. Keep chilled for half an hour to an hour.
- ☐ Grill the shrimp: Prepare grill for medium-high direct heat, or heat a grill pan. Thread the shrimp onto skewers (it helps to double thread with two skewers at a time to make it easier to turn over on the grill).
- ☐ Baste the grill grates with some olive oil so that the shrimp don't stick to the grill.
- ☐ Grill or cook the shrimp a few minutes per side (2-4, depending on the size of the shrimp), until the shrimp are just cooked through.
- ☐ Remove from grill and serve immediately.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:0.38, Inflammation Score:-9, Nutrition Score:12.174782488657%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 281.11kcal (14.06%), Fat: 19.56g (30.09%), Saturated Fat: 2.76g (17.24%), Carbohydrates: 5.21g (1.74%), Net Carbohydrates: 2.6g (0.95%), Sugar: 0.89g (0.99%), Cholesterol: 182.57mg (60.86%), Sodium: 431.69mg (18.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24g (47.99%), Vitamin A: 3456.34IU (69.13%), Vitamin E: 4.66mg (31.09%), Phosphorus: 269.89mg (26.99%), Copper: 0.51mg (25.33%), Vitamin K: 16.95µg (16.14%), Potassium: 482.59mg (13.79%), Magnesium: 54.51mg (13.63%), Iron: 2.4mg (13.32%), Zinc: 1.87mg (12.46%), Manganese: 0.22mg (10.88%), Fiber: 2.61g (10.43%), Calcium: 96.24mg (9.62%), Vitamin B6: 0.17mg (8.72%), Vitamin B2: 0.09mg (5.32%), Vitamin B3: 0.74mg (3.71%), Vitamin C: 2.81mg (3.41%), Vitamin B1: 0.03mg (2%), Vitamin B5: 0.2mg (1.98%), Folate: 4.32µg (1.08%)