



## Southwest Zesty Margarita Shrimp

 **Gluten Free**  **Dairy Free**

READY IN



270 min.

SERVINGS



30

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup spring onion finely chopped
- 0.3 cup cooking oil
- 0.3 cup tequila
- 1 teaspoon lime zest grated
- 2 tablespoons juice of lime fresh
- 2 tablespoons honey
- 2 tablespoons cilantro leaves fresh chopped
- 0.5 teaspoon salt

1 lb tiger prawns shelled deveined ( 30) (striped)

## Equipment

bowl

broiler pan

## Directions

In medium bowl, combine all ingredients except shrimp; mix well.

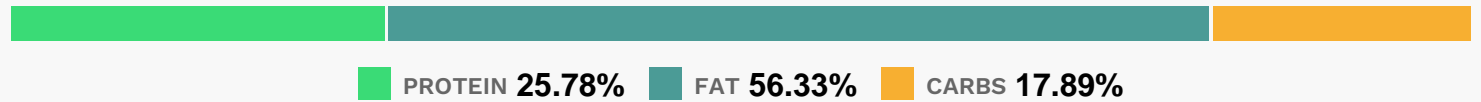
Add shrimp; stir to coat. Cover; refrigerate at least 4 hours or up to 8 hours to marinate.

Spray broiler pan with nonstick cooking spray.

Drain shrimp, discarding marinade.

Place shrimp on sprayed broiler pan. Broil 4 inches from heat for 5 to 7 minutes or until shrimp turn pink, turning once.

## Nutrition Facts



## Properties

Glycemic Index:5.44, Glycemic Load:0.62, Inflammation Score:-1, Nutrition Score:1.3604347744714%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 36.66kcal (1.83%), Fat: 2.02g (3.11%), Saturated Fat: 0.16g (0.97%), Carbohydrates: 1.44g (0.48%), Net Carbohydrates: 1.41g (0.51%), Sugar: 1.19g (1.32%), Cholesterol: 19.05mg (6.35%), Sodium: 124.58mg (5.42%), Alcohol: 0.67g (100%), Alcohol %: 3.78% (100%), Protein: 2.08g (4.16%), Selenium: 4.49µg (6.42%), Phosphorus: 37.5mg (3.75%), Vitamin E: 0.53mg (3.56%), Vitamin K: 3.19µg (3.04%), Vitamin B12: 0.17µg (2.8%), Copper: 0.03mg (1.48%), Vitamin B3: 0.28mg (1.39%), Vitamin B6: 0.03mg (1.28%), Zinc: 0.15mg (1.03%)