



Spicy Grilled Jumbo Shrimp



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



129 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.3 teaspoon coarsely ground pepper black
- ☐ 2.3 pounds shrimp unpeeled
- ☐ 0.8 cup honeyed lemon–dijon vinaigrette divided
- ☐ 6 servings lemon wedges
- ☐ 0.3 teaspoon salt

Equipment

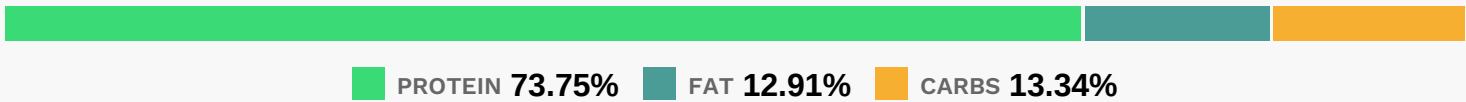
- ☐ grill

☐ ziploc bags

Directions

- ☐ Peel shrimp, leaving the tails intact. Starting at tail end, butterfly each shrimp, cutting to, but not through, underside of shrimp.
- ☐ Combine shrimp, 6 tablespoons of Honeyed Lemon–Dijon Vinaigrette, and red pepper in a large zip–top plastic bag. Seal and marinate in refrigerator 15 minutes, turning bag occasionally.
- ☐ Prepare grill to medium–high heat.
- ☐ Remove shrimp from marinade; discard marinade.
- ☐ Sprinkle shrimp evenly with salt and black pepper.
- ☐ Place the shrimp, cut sides down, on grill rack coated with cooking spray; grill 2 minutes on each side or until done, basting frequently with the remaining 6 tablespoons of Honeyed Lemon–Dijon Vinaigrette.
- ☐ Serve shrimp with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:13.83, Glycemic Load:0.47, Inflammation Score:-4, Nutrition Score:13.137391111125%

Flavonoids

Eriodictyol: 5.87mg, Eriodictyol: 5.87mg, Eriodictyol: 5.87mg, Eriodictyol: 5.87mg Hesperetin: 7.67mg, Hesperetin: 7.67mg, Hesperetin: 7.67mg, Hesperetin: 7.67mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 129.42kcal (6.47%), Fat: 1.83g (2.81%), Saturated Fat: 0.21g (1.32%), Carbohydrates: 4.25g (1.42%), Net Carbohydrates: 3.4g (1.24%), Sugar: 0.7g (0.78%), Cholesterol: 214.32mg (71.44%), Sodium: 1062.94mg (46.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.48g (46.97%), Selenium: 50.5µg (72.14%), Phosphorus: 420.07mg (42.01%), Vitamin B12: 1.89µg (31.47%), Vitamin C: 14.58mg (17.67%), Copper: 0.32mg (16.13%), Vitamin E: 2.35mg (15.67%), Vitamin B3: 3.07mg (15.36%), Vitamin B6: 0.3mg (14.98%), Zinc: 1.67mg (11.17%), Calcium: 99.98mg

(10%), Magnesium: 40.01mg (10%), Folate: 35.4µg (8.85%), Vitamin A: 362.1IU (7.24%), Potassium: 234.54mg (6.7%), Vitamin B5: 0.58mg (5.82%), Manganese: 0.07mg (3.56%), Fiber: 0.85g (3.4%), Iron: 0.56mg (3.1%), Vitamin B1: 0.05mg (3.04%), Vitamin B2: 0.03mg (1.93%), Vitamin D: 0.17µg (1.13%)