



Spicy Grilled Shrimp

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

READY IN



21 min.

SERVINGS



6

CALORIES



179 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon cayenne pepper
- 1 tablespoon coarse salt
- 1 large clove garlic
- 2 teaspoons juice of lemon
- 8 wedges lemon for garnish
- 2 tablespoons olive oil
- 1 teaspoon paprika
- 2 pounds shrimp deveined peeled

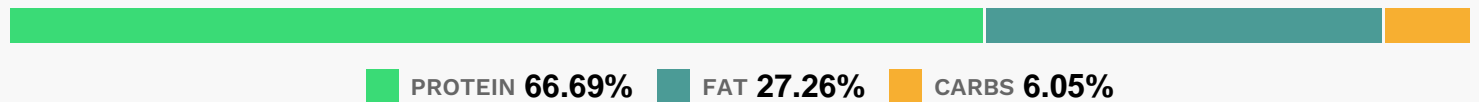
Equipment

- bowl
- grill

Directions

- Preheat grill for medium heat.
- In a small bowl, crush the garlic with the salt.
- Mix in cayenne pepper and paprika, and then stir in olive oil and lemon juice to form a paste. In a large bowl, toss shrimp with garlic paste until evenly coated.
- Lightly oil grill grate. Cook shrimp for 2 to 3 minutes per side, or until opaque.
- Transfer to a serving dish, garnish with lemon wedges, and serve.

Nutrition Facts



Properties

Glycemic Index:17.08, Glycemic Load:0.47, Inflammation Score:-3, Nutrition Score:7.0939129927884%

Flavonoids

Eriodictyol: 5.21mg, Eriodictyol: 5.21mg, Eriodictyol: 5.21mg, Eriodictyol: 5.21mg Hesperetin: 6.94mg, Hesperetin: 6.94mg, Hesperetin: 6.94mg, Hesperetin: 6.94mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 179.31kcal (8.97%), Fat: 5.59g (8.6%), Saturated Fat: 0.82g (5.12%), Carbohydrates: 2.79g (0.93%), Net Carbohydrates: 1.94g (0.71%), Sugar: 0.7g (0.78%), Cholesterol: 243.43mg (81.14%), Sodium: 1343.62mg (58.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.76g (61.52%), Phosphorus: 329.84mg (32.98%), Copper: 0.61mg (30.29%), Vitamin C: 13.65mg (16.55%), Magnesium: 55.94mg (13.99%), Zinc: 2.07mg (13.79%), Potassium: 447.25mg (12.78%), Calcium: 105.79mg (10.58%), Iron: 1.06mg (5.89%), Vitamin E: 0.86mg (5.72%), Vitamin A: 238.96IU (4.78%), Manganese: 0.08mg (3.86%), Fiber: 0.85g (3.4%), Vitamin K: 3.22µg (3.07%), Vitamin B6: 0.04mg (1.87%)