



Spicy Lemon Shrimp with Basil Mayonnaise



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



24

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon lemon zest grated
- ☐ 3 tablespoons juice of lemon
- ☐ 0.8 teaspoon pepper red crushed
- ☐ 0.5 teaspoon salt
- ☐ 2 cloves garlic finely chopped
- ☐ 3 tablespoons vegetable oil
- ☐ 1 lb shrimp frozen thawed deveined uncooked peeled (22 to 25 shrimp)
- ☐ 0.5 cup basil fresh loosely packed

☐ 0.5 cup salad dressing

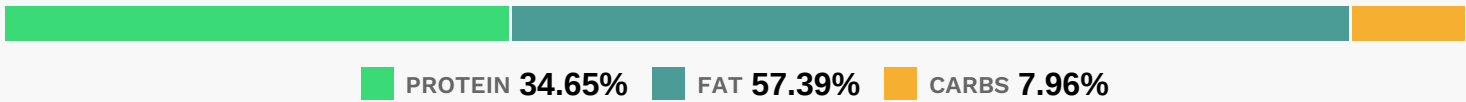
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Set oven control to broil. In medium glass or plastic bowl, mix lemon peel, lemon juice, red pepper, salt, garlic and 1 tablespoon of the oil.
- ☐ Add shrimp; toss to coat. In ungreased 15x10x1-inch pan, spread shrimp.
- ☐ Broil shrimp with tops 2 to 3 inches from heat 3 to 5 minutes or until shrimp are pink and firm.
- ☐ In food processor, place basil and remaining 2 tablespoons oil. Cover and process until chopped.
- ☐ Add mayonnaise; cover and process until smooth.
- ☐ Serve shrimp with mayonnaise.

Nutrition Facts



Properties

Glycemic Index:4.17, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.3165217386964%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 44.04kcal (2.2%), Fat: 2.85g (4.38%), Saturated Fat: 0.43g (2.66%), Carbohydrates: 0.89g (0.3%), Net Carbohydrates: 0.82g (0.3%), Sugar: 0.59g (0.66%), Cholesterol: 30.43mg (10.14%), Sodium: 120.68mg (5.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.74%), Vitamin K: 8.01µg (7.63%), Phosphorus: 42.21mg

(4.22%), Copper: 0.08mg (3.93%), Magnesium: 7.49mg (1.87%), Vitamin E: 0.28mg (1.85%), Zinc: 0.27mg (1.79%), Potassium: 60.05mg (1.72%), Vitamin C: 1.24mg (1.5%), Calcium: 14.75mg (1.48%)