






 1%
HEALTH SCORE

Tequila Lime Shrimp

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

READY IN

45 min.

SERVINGS

5

CALORIES

122 kcal

ANTIPASTI **STARTER** **SNACK** **APPETIZER**

Ingredients

- 18 shrimp with the shells still on and peel and de-vein them yourself.
- 0.5 cup tequila
- 1 juice of lime
- 1 tablespoon honey
- 1 Clove garlic chopped
- 2 tablespoons cilantro leaves fresh chopped
- 1 teaspoon kosher salt
- 0.5 teaspoon pepper fresh black

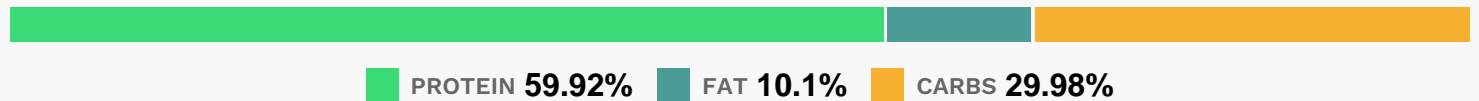
Equipment

- bowl
- whisk
- mixing bowl
- pot
- grill

Directions

- Peel and devein the shrimp
- Combine the tequila, lime juice, honey, garlic, salt, pepper, and cilantro in a large mixing bowl.
- Whisk well to combine.
- Add cleaned shrimp to the bowl.
- Let shrimp marinate for 15 minutes
- Remove shrimp from marinade and set aside
- Transfer marinade to sauce pot and place over medium-high heat.
- Bring marinade to a boil, then reduce heat and simmer till it reduces by half.
- Grill shrimp over direct-high heat for 2 minutes per side
- Drizzle reduced marinade over shrimp before serving

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:1.89, Inflammation Score:-2, Nutrition Score:5.4204347826087%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 122.26kcal (6.11%), Fat: 0.74g (1.14%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 4.95g (1.65%), Net Carbohydrates: 4.85g (1.76%), Sugar: 3.56g (3.95%), Cholesterol: 90.72mg (30.24%), Sodium: 873.36mg (37.97%), Alcohol: 8.02g (44.53%), Protein: 9.9g (19.8%), Selenium: 21.45µg (30.64%), Phosphorus: 178.96mg (17.9%), Vitamin B12: 0.8µg (13.32%), Copper: 0.14mg (7.22%), Vitamin B3: 1.31mg (6.53%), Vitamin E: 0.97mg (6.47%), Vitamin B6: 0.13mg (6.39%), Zinc: 0.73mg (4.89%), Magnesium: 16.95mg (4.24%), Calcium: 42.34mg (4.23%), Folate: 14.52µg (3.63%), Manganese: 0.07mg (3.35%), Vitamin A: 144.54IU (2.89%), Potassium: 97.04mg (2.77%), Vitamin C: 2.05mg (2.49%), Vitamin B5: 0.24mg (2.41%), Vitamin B1: 0.02mg (1.26%), Iron: 0.22mg (1.22%), Vitamin K: 1.09µg (1.03%)