



The Ultimate Grilled Shrimp

 **Gluten Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



4

CALORIES



581 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bunch basil leaves fresh
- 16 large head-on shrimp in the shell split
- 4 servings kosher salt and pepper black freshly ground
- 2 lemons divided
- 4 servings oil
- 1 cup butter unsalted softened (2 sticks)

Equipment

- food processor

- paper towels
- grill
- grill pan

Directions

- Put a large grill pan on 2 burners over medium-high heat or preheat an outdoor gas or charcoal grill and get it very hot. If you're using an outdoor grill, take a few paper towels and fold them over several times to make a thick square. Blot a small amount of oil on the paper towel, then carefully and quickly wipe the hot grates of the grill to make a nonstick grilling surface.
- Meanwhile, add the butter into a food processor with the basil leaves (reserve a few for garnish), the juice of 1 of the lemons, and salt and pepper. Puree. Stuff about half of the butter under the shells of the shrimp (about 1/2 tablespoon per shrimp).
- Lay the shrimp on the hot grill and cook for 3 minutes on each side, brushing with the remaining basil butter a few times as they cook.
- To serve, put the shrimp on plates and dot with the remaining basil butter. Squeeze the remaining lemon over the shrimp and garnish the plates with basil leaves.

Nutrition Facts

■ PROTEIN **6.11%** ■ FAT **90.44%** ■ CARBS **3.45%**

Properties

Glycemic Index:31.88, Glycemic Load:0.92, Inflammation Score:-7, Nutrition Score:8.1056522079136%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 581.03kcal (29.05%), Fat: 60.41g (92.94%), Saturated Fat: 30.25g (189.03%), Carbohydrates: 5.18g (1.73%), Net Carbohydrates: 3.61g (1.31%), Sugar: 1.39g (1.55%), Cholesterol: 186.41mg (62.14%), Sodium: 55.02mg (2.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.19g (18.38%), Vitamin C: 28.98mg (35.13%), Vitamin A:

1536.11IU (30.72%), Vitamin E: 3.86mg (25.76%), Vitamin K: 22.42µg (21.35%), Phosphorus: 109.14mg (10.91%), Copper: 0.19mg (9.72%), Fiber: 1.57g (6.28%), Potassium: 200.97mg (5.74%), Calcium: 57.24mg (5.72%), Vitamin D: 0.85µg (5.68%), Magnesium: 20.91mg (5.23%), Zinc: 0.64mg (4.25%), Iron: 0.62mg (3.42%), Manganese: 0.07mg (3.37%), Vitamin B6: 0.05mg (2.41%), Folate: 9.02µg (2.25%), Vitamin B2: 0.03mg (1.87%), Vitamin B5: 0.17mg (1.71%), Vitamin B1: 0.03mg (1.68%), Vitamin B12: 0.1µg (1.61%), Selenium: 0.79µg (1.13%)