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Chili Lime Keto Shrimp and Peppers

This delicious and healthy recipe combines succulent shrimp with vibrant peppers, seasoned with a zesty chili lime marinade. It is a perfect low-carb and keto-friendly dish that is bursting with flavor. The shrimp and peppers are grilled to perfection, resulting in a delightful combination of smoky and tangy flavors. Whether you're following a keto diet or simply looking for a nutritious and tasty meal, this recipe is sure to satisfy your cravings.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g Shrimp

400 g Bell peppers

4 tbsp	lime juice
2 tbsp	olive oil
2 tsp	chili powder
1 tsp	garlic powder
1 tsp	salt
1 tsp	black pepper
2 tbsp	Cilantro

Directions

Step 1

Mixing

In a bowl, combine lime juice, olive oil, chili powder, garlic powder, salt, and black pepper to make the marinade.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Resting

Add the shrimp to the marinade and let it marinate for 10 minutes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Preheating

Preheat the grill to medium-high heat.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Grilling

Thread the marinated shrimp and bell peppers onto skewers.

Prep Time: 5 mins

Cook Time: 5 mins

Step 5

Grilling

Grill the skewers for 2-3 minutes per side until the shrimp are cooked through and the peppers are slightly charred.

Prep Time: 0 mins

Cook Time: 10 mins

Step 6

Sprinkling

Remove the skewers from the grill and sprinkle with fresh cilantro.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Serve the chili lime shrimp and peppers hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 8 g

Protein: 25 g

Carbohydrates: 8 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	8 g	14.55%	16%
Fibers	2 g	5.26%	8%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	200 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	15 mg	136.36%	187.5%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Seasonality

Spring

Summer

Fall

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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