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Grilled Oregano Shrimp ♦

Grilled Oregano Shrimp is a delicious seafood dish that is perfect for a summer barbecue. The shrimp is marinated in a flavorful oregano marinade and then grilled to perfection. It can be served as an appetizer or as a main dish with a side of salad or rice. This recipe is not suitable for vegans or vegetarians.

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
2 tsp	Oregano
3 cloves	garlic
1 juice	Lemon

2 tbsp	Olive oil
1 tsp	Salt
1 tsp	Black pepper

Directions

Step 1

In a bowl, combine oregano, garlic, lemon juice, olive oil, salt, and black pepper to make the marinade.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Marinating

Add the shrimp to the marinade and toss to coat. Let it marinate for at least 10 minutes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Grilling

Preheat the grill to medium-high heat.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Grilling

Thread the shrimp onto skewers and grill for 2-3 minutes per side, or until cooked through and slightly charred.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Remove the shrimp from the skewers and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 5 g

Protein: 23 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	23 g	135.29%	135.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	150 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	250 mg	7.35%	9.62%
Zinc	15 mg	136.36%	187.5%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Events

Barbecue

Picnic

Nutritional Content

Low Calorie

Kitchen Tools

Slow Cooker

Course

Appetizers

Side Dishes

Salads

Sauces & Dressings

Cooking Method

Steaming

Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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