



Barbecued Lime Shrimp and Corn

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 cups couscous cooked
- ☐ 2 ears corn
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 2 garlic clove minced
- ☐ 1 teaspoon ground coriander
- ☐ 2 tablespoons honey
- ☐ 0.3 cup juice of lime fresh

- ☐ 2 tablespoons soy sauce low-sodium
- ☐ 0.3 cup orange juice fresh
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 2 tablespoons sugar

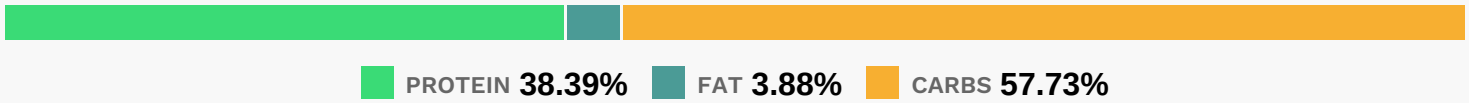
Equipment

- ☐ oven
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ At home, combine the first 9 ingredients in a heavy-duty, zip-top plastic bag, and seal.
- ☐ Place the corn, shrimp, and couscous in separate heavy-duty zip-top plastic bags, and seal bags.
- ☐ Place the shrimp in cooler.
- ☐ At campsite, place lime mixture, corn, and shrimp in foil oven bag.
- ☐ Place directly on hot coals (or in a 450 oven if at home); cook 10 minutes.
- ☐ Serve over couscous.

Nutrition Facts



Properties

Glycemic Index:79.09, Glycemic Load:31.97, Inflammation Score:-4, Nutrition Score:15.815217209899%

Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 3.66mg, Hesperetin: 3.66mg, Hesperetin: 3.66mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 435.56kcal (21.78%), Fat: 1.92g (2.96%), Saturated Fat: 0.38g (2.39%), Carbohydrates: 64.28g (21.43%), Net Carbohydrates: 60.71g (22.07%), Sugar: 19.3g (21.44%), Cholesterol: 273.86mg (91.29%), Sodium: 506.64mg (22.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.75g (85.5%), Selenium: 44µg (62.85%), Phosphorus: 462.63mg (46.26%), Copper: 0.79mg (39.37%), Magnesium: 100.46mg (25.12%), Potassium: 768.11mg (21.95%), Vitamin C: 17.54mg (21.26%), Zinc: 3.05mg (20.34%), Manganese: 0.36mg (18.13%), Fiber: 3.58g (14.32%), Calcium: 136.91mg (13.69%), Folate: 53.02µg (13.26%), Vitamin B1: 0.2mg (13.03%), Vitamin B3: 2.56mg (12.82%), Iron: 2.04mg (11.36%), Vitamin B5: 1mg (10.05%), Vitamin B6: 0.17mg (8.58%), Vitamin B2: 0.1mg (6.05%), Vitamin A: 126.05IU (2.52%), Vitamin E: 0.32mg (2.16%)