



Barbecued Spiced Shrimp with Tomato Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



157 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 teaspoons ancho chili powder pure
- ☐ 0.3 cup basil packed for garnish
- ☐ 2 tablespoons canola oil
- ☐ 0.1 teaspoon ground pepper
- ☐ 0.3 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 3 heirloom tomatoes yellow sliced
- ☐ 24 jumbo shrimp shelled deveined

- ☐ 8 servings pepper black freshly ground
- ☐ 1.5 teaspoons brown sugar light
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 onion red halved thinly sliced
- ☐ 2.3 teaspoons paprika smoked sweet

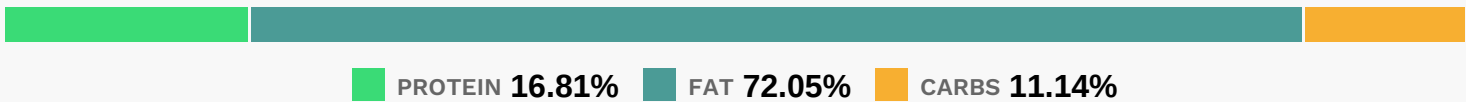
Equipment

- ☐ bowl
- ☐ blender
- ☐ grill
- ☐ grill pan

Directions

- ☐ In a blender, puree the 1/3 cup of basil leaves with the olive oil until smooth. Season the oil with salt and black pepper.
- ☐ Light a grill or preheat a grill pan. In a small bowl, mix the sweet smoked paprika with the pure ancho chile powder, light brown sugar, cumin, coriander, cayenne pepper, 1/2 teaspoon of salt and 1/4 teaspoon of black pepper.
- ☐ Brush the shrimp with the canola oil and season all over with the spice mixture. Grill the shrimp over moderately high heat, turning once, until they are lightly charred and cooked through, about 4 minutes total.
- ☐ Arrange the tomato and onion slices on a platter and drizzle with the basil oil. Top with the shrimp, garnish with the remaining basil leaves and serve.

Nutrition Facts



Properties

Glycemic Index:27.38, Glycemic Load:0.8, Inflammation Score:-6, Nutrition Score:5.3100000257077%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 156.53kcal (7.83%), Fat: 12.94g (19.91%), Saturated Fat: 1.58g (9.85%), Carbohydrates: 4.5g (1.5%), Net Carbohydrates: 3.3g (1.2%), Sugar: 2.62g (2.91%), Cholesterol: 48.3mg (16.1%), Sodium: 45.78mg (1.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.79g (13.59%), Vitamin A: 840.63IU (16.81%), Vitamin E: 2.49mg (16.6%), Vitamin K: 16.81µg (16.01%), Vitamin C: 7.57mg (9.18%), Phosphorus: 83.87mg (8.39%), Copper: 0.17mg (8.25%), Potassium: 237.75mg (6.79%), Manganese: 0.13mg (6.31%), Magnesium: 20.1mg (5.02%), Fiber: 1.2g (4.81%), Vitamin B6: 0.08mg (3.84%), Iron: 0.69mg (3.81%), Zinc: 0.56mg (3.76%), Calcium: 34.08mg (3.41%), Folate: 10.66µg (2.67%), Vitamin B3: 0.41mg (2.05%), Vitamin B1: 0.03mg (1.84%), Vitamin B2: 0.02mg (1.46%)