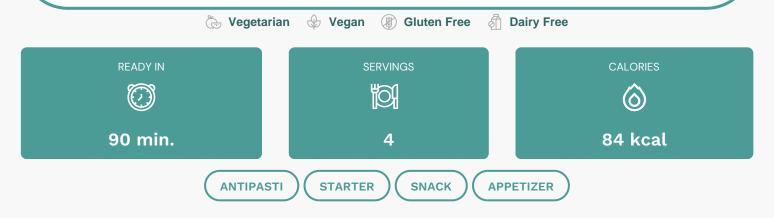


# Brined Shrimp Skewers with Tomatillo-Avocado Salsa & Grilled Lemon Slices



## Ingredients

U.3 teaspoon pepper black as needed freshly ground
2 tablespoon cilantro leaves coarsely chopped
2 tablespoon cooking wine dry white
1 tablespoon flat-leaf parsley chopped
3 teaspoon garlic minced
1 tablespoon green onion chopped
1 slices optional: lemon as needed

	1 tablespoon juice of lemon fresh		
	2 tablespoon olive oil extra-virgin		
	0.3 teaspoon pepper flakes red		
	0.5 teaspoon sea salt		
	1 teaspoon serrano chile seeded chopped to taste		
	4 ounce tomatillos fresh washed husked coarsely chopped		
	1 quart cool water		
Ec	uipment		
	food processor		
	bowl		
	grill		
	skewers		
Directions			
	For the brine: Stir the kosher salt, brown sugar into 1-quart cool water until dissolved.		
	Mix ¼ cup olive oil, 2 teaspoons minced garlic, flat leaf parsley, red pepper flakes, and dry white wine in a small bowl and set aside.		
	Remove the shrimp from the brine. Wash and dry throughly. Toss them with the marinade, coat and marinate for 1-hour, covered in the refrigerator. For the salsa: In a food processor, combine the tomatillos, remaining teaspoon garlic, and serrano chile; pulse to finely chop.		
	Add the avocado and green onion and pulse til just blended. The finished salsa should have some texture.		
	Place the salsa in a small bowl and toss with the extra-virgin olive oil, lemon juice, salt and pepper. Store, covered and refrigerated up to 2 hours. Toss with cilantro just before serving. To grill the shrimp: Light a charcoal fire.		
	Drain the shrimp from the marinade.		
	Place the 6 shrimp on a work surface in front of you alternating the shrimp left and right, tucking them into themselves, following their natural shape. Secure the shrimp with 2 skewers so that they grill evenly and turn over easily. Grill the shrimp over medium-hot coals until they are barely cooked through, about 3 to 4 minutes total, turning halfway through. Grill the lemon		

PROTEIN 2.7% FAT 80.81% CARBS 16.49%	
Nutrition Facts	
Serve warm or at room temperature.	
Place the shrimp and lemon slices on plates and top with the salsa.	
slices until softened and well marked by the grill.	

#### **Properties**

Glycemic Index:49.63, Glycemic Load:0.32, Inflammation Score:-3, Nutrition Score:3.7126087105793%

#### **Flavonoids**

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.56mg, Hesperetin: 1.06mg, Hesperetin: 1.06mg, Hesperetin: 1.06mg, Hesperetin: 1.06mg, Hesperetin: 1.06mg, Apigenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

### Nutrients (% of daily need)

Calories: 83.5kcal (4.17%), Fat: 7.35g (11.31%), Saturated Fat: 1.02g (6.35%), Carbohydrates: 3.37g (1.12%), Net Carbohydrates: 2.56g (0.93%), Sugar: 1.42g (1.58%), Cholesterol: Omg (0%), Sodium: 306.78mg (13.34%), Alcohol: 0.77g (100%), Alcohol %: 0.34% (100%), Protein: 0.55g (1.11%), Vitamin K: 27.67µg (26.35%), Vitamin C: 8.29mg (10.05%), Vitamin E: 1.2mg (7.99%), Manganese: 0.12mg (5.77%), Vitamin A: 188.25IU (3.77%), Copper: 0.08mg (3.77%), Fiber: 0.82g (3.27%), Potassium: 113.08mg (3.23%), Vitamin B3: 0.6mg (3%), Vitamin B6: 0.06mg (2.91%), Magnesium: 11.08mg (2.77%), Iron: 0.42mg (2.31%), Phosphorus: 18.43mg (1.84%), Calcium: 18.37mg (1.84%), Folate: 5.84µg (1.46%), Vitamin B1: 0.02mg (1.43%), Vitamin B2: 0.02mg (1.1%)