



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



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.3 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

## Equipment

- ☐ 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 thoroughly. 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

slices until softened and well marked by the grill.

- ☐
- Place the shrimp and lemon slices on plates and top with the salsa.
- ☐
- Serve warm or at room temperature.

## Nutrition Facts



### 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, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg Hesperetin: 1.06mg, Hesperetin: 1.06mg, Hesperetin: 1.06mg, Hesperetin: 1.06mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg 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: 0mg (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%)