



## Broiled Shrimp with Spicy Chile Sauce Barra Vieja

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3 ancho chiles
- ☐ 24 large cherry tomatoes
- ☐ 6 new mexico chiles dried
- ☐ 1 teaspoon chili powder
- ☐ 0.5 teaspoon marjoram dried
- ☐ 1 tablespoon cilantro leaves fresh minced
- ☐ 3 garlic cloves minced

- ☐ 0.1 teaspoon ground cloves
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 pound shrimp
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 tablespoons blackstrap molasses
- ☐ 0.7 cup onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 pound plum tomatoes quartered
- ☐ 1 Dash saffron powder
- ☐ 0.3 teaspoon salt
- ☐ 2 cups watercress trimmed ( 1 bunch)
- ☐ 1 cup water boiling
- ☐ 1 tablespoon vinegar white
- ☐ 8 ounce carton yogurt plain fat-free

## Equipment

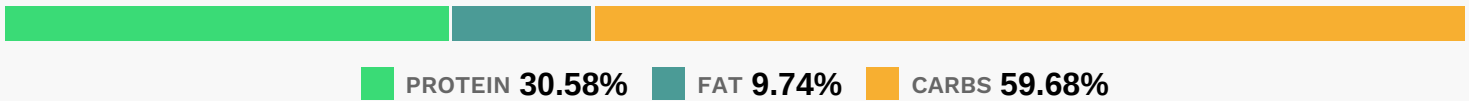
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ sieve
- ☐ broiler
- ☐ ziploc bags
- ☐ spatula

## Directions

- ☐ Cut a lengthwise slit in each chile; discard seeds and stems.
- ☐ Combine chiles and boiling water. Cover and let stand 10 minutes.

- ☐ Drain chiles through a fine sieve over a bowl, reserving 1/2 cup soaking liquid.
- ☐ Place chiles, onion, and next 9 ingredients (onion through garlic) in a food processor; process until smooth.
- ☐ Combine chile mixture and reserved soaking liquid in a small saucepan. Bring to a boil; reduce heat, and simmer 15 minutes.
- ☐ Spoon yogurt onto several layers of heavy-duty paper towels; spread to 1/2-inch thickness. Cover with additional paper towels; let stand 5 minutes.
- ☐ Scrape into a bowl using a rubber spatula.
- ☐ Add juice, 1/4 teaspoon salt, and saffron; stir well. Cover and refrigerate.
- ☐ Place tomatoes in a nonstick skillet over medium-high heat. Saut 10 minutes or until lightly browned, and cool.
- ☐ Cut a slit in each tomato; mash gently. Discard seeds.
- ☐ Preheat broiler. Peel shrimp, leaving the tails intact. Starting at tail end, butterfly each shrimp, cutting to, but not through, underside of shrimp.
- ☐ Brush shrimp with about 1/2 cup chile mixture; arrange shrimp on a broilerpan coated with cooking spray. Broil 6 minutes or until shrimp are done.
- ☐ Place 1/2 cup yogurt mixture in a small heavy-duty zip-top plastic bag, and seal. Snip a tiny hole in 1 corner of bag; drizzle yogurt mixture over each of 6 plates. Arrange 1/3 cup watercress evenly over yogurt. Top with 3 shrimp and 4 tomatoes.
- ☐ Sprinkle with cilantro and chili powder.

## Nutrition Facts



## Properties

Glycemic Index:63, Glycemic Load:5.06, Inflammation Score:-10, Nutrition Score:29.496956535008%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 3.15mg, Kaempferol: 3.15mg, Kaempferol: 3.15mg, Kaempferol: 3.15mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg

0.16mg Quercetin: 8mg, Quercetin: 8mg, Quercetin: 8mg, Quercetin: 8mg

Nutrients (% of daily need)

Calories: 209.1kcal (10.45%), Fat: 2.43g (3.73%), Saturated Fat: 0.35g (2.21%), Carbohydrates: 33.44g (11.15%), Net Carbohydrates: 25.73g (9.36%), Sugar: 22.01g (24.45%), Cholesterol: 96.01mg (32%), Sodium: 601.47mg (26.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.13g (34.27%), Vitamin A: 6638.07IU (132.76%), Vitamin C: 103.94mg (125.99%), Vitamin K: 63.57µg (60.55%), Selenium: 26.62µg (38.03%), Vitamin B6: 0.74mg (36.85%), Phosphorus: 347.54mg (34.75%), Manganese: 0.68mg (34.09%), Potassium: 1166.43mg (33.33%), Fiber: 7.71g (30.85%), Vitamin B2: 0.4mg (23.79%), Vitamin B3: 4.46mg (22.28%), Magnesium: 87.44mg (21.86%), Copper: 0.4mg (20.17%), Vitamin E: 2.94mg (19.59%), Calcium: 187.05mg (18.71%), Vitamin B12: 1.07µg (17.83%), Iron: 3.04mg (16.92%), Folate: 63.78µg (15.95%), Zinc: 1.74mg (11.57%), Vitamin B1: 0.16mg (10.64%), Vitamin B5: 1.02mg (10.17%)