



Butterflied Shrimp with Habanero Tomatillo Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



141 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons apple cider vinegar
- ☐ 1 garlic clove minced
- ☐ 1 scotch bonnet peppers cored seeded finely chopped
- ☐ 1 tablespoon juice of lime
- ☐ 2 tablespoons juice of lime
- ☐ 2 teaspoons olive oil

- ☐ 1 tablespoon orange juice fresh
- ☐ 0.3 cup onion red finely chopped
- ☐ 0.1 teaspoon salt
- ☐ 1 Dash salt
- ☐ 1 pound shrimp
- ☐ 1 tablespoon sugar
- ☐ 1 tomatillos finely chopped

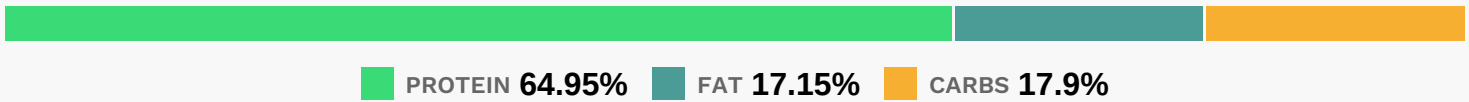
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ To prepare salsa, combine first 6 ingredients, stirring well with a whisk. Stir in onion, habanero, and tomatillo. Cover and let stand at room temperature 30 minutes.
- ☐ To prepare shrimp, peel shrimp, leaving tails intact. Starting at tail end, butterfly each shrimp, cutting to, but not through, underside of shrimp.
- ☐ Combine 1 tablespoon of lime juice, 2 teaspoons oil, garlic, and dash of salt in a large bowl.
- ☐ Add shrimp; toss well. Cover and marinate in refrigerator 10 minutes.
- ☐ Place shrimp, cut sides down, on grill rack coated with cooking spray, and grill for 5 minutes or until shrimp is done, turning once.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:74.02, Glycemic Load:2.71, Inflammation Score:-1, Nutrition Score:5.5573912651643%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 140.91kcal (7.05%), Fat: 2.72g (4.18%), Saturated Fat: 0.41g (2.57%), Carbohydrates: 6.39g (2.13%), Net Carbohydrates: 5.93g (2.16%), Sugar: 4.47g (4.97%), Cholesterol: 182.57mg (60.86%), Sodium: 218.87mg (9.52%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 23.16g (46.33%), Phosphorus: 254.11mg (25.41%), Copper: 0.47mg (23.3%), Vitamin C: 11.06mg (13.41%), Magnesium: 45mg (11.25%), Potassium: 375.87mg (10.74%), Zinc: 1.59mg (10.57%), Calcium: 80.12mg (8.01%), Manganese: 0.11mg (5.51%), Iron: 0.75mg (4.19%), Vitamin K: 2.64µg (2.51%), Vitamin E: 0.37mg (2.45%), Vitamin B6: 0.04mg (2.24%), Fiber: 0.45g (1.82%), Folate: 5.5µg (1.38%), Vitamin B1: 0.02mg (1.22%), Vitamin B3: 0.24mg (1.19%)