



# Cajun-Spiced Smoked Shrimp with Rémoulade

 **Gluten Free**  **Dairy Free**

READY IN



125 min.

SERVINGS



8

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 tablespoon capers chopped
- 2 tablespoons celery finely chopped
- 0.3 teaspoon thyme leaves dried
- 1 tablespoon parsley fresh finely chopped
- 1 garlic clove minced
- 0.3 teaspoon garlic powder
- 3 tablespoons green onions finely chopped

- 0.3 teaspoon ground pepper red
- 0.5 teaspoon ground pepper white
- 0.5 teaspoon ground sage
- 2 large hard-cooked eggs
- 1 teaspoon horseradish prepared
- 2 tablespoons catsup
- 0.5 teaspoon kosher salt
- 1 tablespoon juice of lemon fresh
- 0.5 cup mayonnaise reduced-fat
- 1 tablespoon mustard creole-style
- 2 tablespoons olive oil extra-virgin
- 0.3 teaspoon onion powder
- 0.3 teaspoon oregano dried
- 1.5 cups hickory wood chips
- 1.5 pounds shrimp deveined peeled
- 1.5 teaspoons paprika sweet
- 1 teaspoon worcestershire sauce

## Equipment

- bowl
- frying pan
- knife
- grill
- aluminum foil

## Directions

- Soak wood chips in water 1 hour; drain.
- To prepare shrimp, combine paprika and the next 9 ingredients (through red pepper).
- Combine olive oil and shrimp in a bowl, and toss to coat.

- Sprinkle shrimp with rub, and toss to coat. Cover and refrigerate 30 minutes.
- To prepare rmoulade, combine mayonnaise and the next 10 ingredients (through garlic) in a medium bowl.
- Remove yolks from eggs; discard yolks or reserve for another use. Finely chop egg whites, and stir into mayonnaise mixture. Cover; chill.
- Remove grill rack, and set aside. Prepare the grill for indirect grilling, heating one side to high and leaving one side with no heat. Pierce the bottom of a disposable aluminum foil pan several times with the tip of a knife.
- Place pan on heat element on heated side of grill; add wood chips to pan.
- Let wood chips stand for 15 minutes or until smoking; reduce heat to medium. Coat grill rack with cooking spray; place on grill.
- Place shrimp in a grilling skillet; place skillet on grill rack over unheated side. Cover and grill 15 minutes or until shrimp are done, stirring after 7 minutes.
- Serve with rmoulade.

## Nutrition Facts

**PROTEIN 28.34%** **FAT 47.56%** **CARBS 24.1%**

### Properties

Glycemic Index:43.29, Glycemic Load:7.46, Inflammation Score:-4, Nutrition Score:8.8534783124924%

### Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

### Nutrients (% of daily need)

Calories: 282.19kcal (14.11%), Fat: 15.17g (23.34%), Saturated Fat: 3.5g (21.89%), Carbohydrates: 17.3g (5.76%), Net Carbohydrates: 14.76g (5.37%), Sugar: 1.78g (1.98%), Cholesterol: 185.79mg (61.93%), Sodium: 692.73mg (30.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.34g (40.68%), Phosphorus: 248.36mg (24.84%), Vitamin K: 25.1µg (23.91%), Copper: 0.37mg (18.67%), Potassium: 488.74mg (13.96%), Magnesium: 43.89mg (10.97%), Fiber: 2.53g (10.13%), Zinc: 1.51mg (10.05%), Manganese: 0.2mg (9.77%), Iron: 1.58mg (8.78%), Vitamin E: 1.18mg (7.86%),

Vitamin A: 385.04IU (7.7%), Calcium: 76.68mg (7.67%), Selenium: 5.29µg (7.55%), Vitamin C: 5.36mg (6.49%),  
Vitamin B6: 0.13mg (6.25%), Vitamin B3: 1.16mg (5.81%), Vitamin B2: 0.1mg (5.78%), Folate: 20.86µg (5.21%), Vitamin  
B5: 0.46mg (4.57%), Vitamin B1: 0.05mg (3.52%), Vitamin B12: 0.14µg (2.31%), Vitamin D: 0.28µg (1.83%)