



Caramelized Chili Shrimp

 Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon chili powder
- 1 tablespoon flour all-purpose
- 1 clove garlic finely chopped
- 0.1 teaspoon chipotle chili powder red (cayenne)
- 1 teaspoon kosher salt (coarse)
- 0.3 medium lime fresh
- 1 lb shrimp with tails left on, deveined uncooked peeled (21 to 30 shrimp)
- 0.5 cup sugar

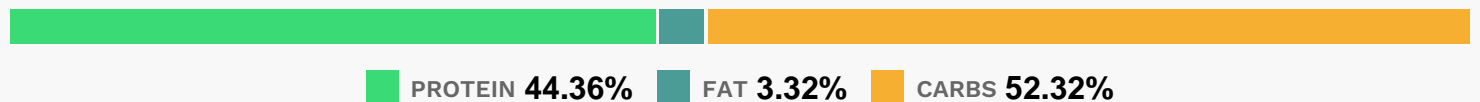
Equipment

- frying pan
- oven
- aluminum foil
- ziploc bags
- spatula

Directions

- Heat oven to 500F. Line 15x10x1-inch pan with foil; spray foil with cooking spray.
- In resealable 1-gallon food-storage plastic bag, mix all ingredients except shrimp and lime.
- Add shrimp; seal bag and shake to coat with sugar mixture. Arrange shrimp with sugar mixture in single layer in pan.
- Bake 7 to 9 minutes or until sugar is caramelized.
- Remove from oven. Using pancake turner, turn shrimp; squeeze juice from lime over shrimp.
- Place on serving platter; serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.26, Glycemic Load:6.22, Inflammation Score:-1, Nutrition Score:1.5960869419834%

Flavonoids

Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 67.81kcal (3.39%), Fat: 0.26g (0.39%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 9.1g (3.03%), Net Carbohydrates: 8.97g (3.26%), Sugar: 8.36g (9.29%), Cholesterol: 60.86mg (20.29%), Sodium: 242.01mg (10.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.71g (15.43%), Phosphorus: 82.76mg (8.28%), Copper: 0.15mg (7.65%), Zinc: 0.52mg (3.5%), Magnesium: 13.8mg (3.45%), Potassium: 106.75mg (3.05%), Calcium: 26.02mg

(2.6%), Iron: 0.28mg (1.54%), Manganese: 0.03mg (1.25%), Vitamin A: 56.31IU (1.13%)