



## Chai-Brined Shrimp Skewers

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 bay leaf
- ☐ 8 cardamom pods whole crushed
- ☐ 3 inch cinnamon sticks
- ☐ 2 tablespoons ginger fresh grated peeled
- ☐ 0.5 cup green onions sliced
- ☐ 1 cup ice cubes
- ☐ 1 tablespoon kosher salt
- ☐ 2 large mangoes ripe peeled cut into 8 2-inch pieces

- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons freshly tea black such as Darjeeling
- ☐ 3 cups water
- ☐ 8 flatbreads naan
- ☐ 0.5 teaspoon peppercorns cracked white crushed

## Equipment

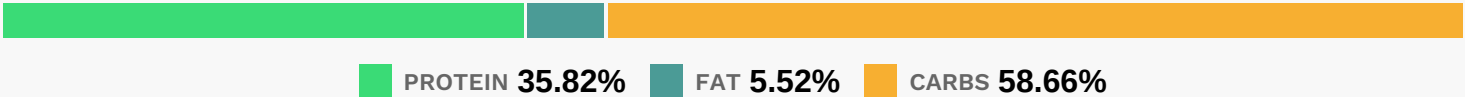
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ sieve
- ☐ grill
- ☐ skewers

## Directions

- ☐ Combine first 9 ingredients in a large saucepan; bring to a boil. Cover, reduce heat, and simmer 15 minutes. Stir in tea leaves; simmer 2 minutes. Strain mixture through a sieve into a large bowl; discard solids. Stir in ice; chill.
- ☐ Add shrimp to water mixture; chill 20 minutes.
- ☐ Prepare grill.
- ☐ Remove the shrimp from bowl; discard liquid. Pat the shrimp dry with paper towels. Thread 4 shrimp and 2 mango pieces alternately onto each of 8 (12-inch) skewers.
- ☐ Place the skewers on a grill rack coated with cooking spray. Grill for 2 minutes on each side or until the shrimp are done.
- ☐ Sprinkle with sliced green onions.
- ☐ Serve with flatbread.
- ☐ Note: As pictured on the cover, you can use smaller skewers. Simply thread two shrimp alternately with two mango chunks, and serve guests two skewers each. You'll need to purchase an extra mango (which minimally increases the calories per serving) if you opt for

this presentation.

## Nutrition Facts



### Properties

Glycemic Index:22.36, Glycemic Load:5.86, Inflammation Score:0, Nutrition Score:14.599565288295%

### Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Theaflavin: 0.06mg, Theaflavin: 0.06mg, Theaflavin: 0.06mg, Theaflavin: 0.06mg Thearubigins: 3.01mg, Thearubigins: 3.01mg, Thearubigins: 3.01mg, Thearubigins: 3.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg Theaflavin-3,3'-digallate: 0.06mg, Theaflavin-3,3'-digallate: 0.06mg, Theaflavin-3,3'-digallate: 0.06mg, Theaflavin-3,3'-digallate: 0.06mg Theaflavin-3'-gallate: 0.06mg, Theaflavin-3'-gallate: 0.06mg, Theaflavin-3'-gallate: 0.06mg, Theaflavin-3'-gallate: 0.06mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

### Nutrients (% of daily need)

Calories: 231.23kcal (11.56%), Fat: 1.5g (2.3%), Saturated Fat: 0.24g (1.5%), Carbohydrates: 35.78g (11.93%), Net Carbohydrates: 31.48g (11.45%), Sugar: 11.42g (12.68%), Cholesterol: 136.93mg (45.64%), Sodium: 1149.88mg (49.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.85g (43.7%), Manganese: 1.42mg (71.05%), Copper: 0.55mg (27.35%), Phosphorus: 268.55mg (26.85%), Selenium: 18µg (25.72%), Vitamin C: 20.6mg (24.97%), Magnesium: 70.96mg (17.74%), Fiber: 4.31g (17.23%), Vitamin K: 15.79µg (15.04%), Zinc: 2mg (13.33%), Vitamin A: 624.13IU (12.48%), Iron: 2.22mg (12.34%), Potassium: 429.88mg (12.28%), Vitamin B1: 0.16mg (10.54%), Folate: 40.71µg (10.18%), Vitamin B6: 0.18mg (9%), Calcium: 87.36mg (8.74%), Vitamin B3: 1.56mg (7.78%), Vitamin E: 0.76mg (5.05%), Vitamin B5: 0.44mg (4.44%), Vitamin B2: 0.06mg (3.68%)