



Chile-Lime Shrimp with Creamy Chipotle Dip

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



12

CALORIES



47 kcal

SIDE DISH

Ingredients

- 2 lime
- 2 tablespoons vegetable oil
- 1 clove garlic finely chopped
- 0.5 teaspoon pepper red crushed
- 0.3 cup salad dressing
- 2 tablespoons dijon honey mustard
- 1 tablespoon chipotles in adobo finely chopped (from 7-oz can)
- 1 teaspoon chiles in adobo sauce

- 1 tablespoon cilantro leaves fresh chopped

Equipment

- bowl
- oven
- baking pan
- ziploc bags

Directions

- Reserve 1 lime for garnish. Grate 1 teaspoon peel from other lime.
- Cut lime in half; squeeze enough juice to measure 2 tablespoons. Set peel and juice aside.
- Butterfly each shrimp by cutting along the outside curve through the fleshiest part for about 1 1/2 inches, cutting almost to the inside curve. The shrimp should spread open.
- In 1-gallon resealable food-storage plastic bag, mix oil, garlic, pepper flakes, lime juice and grated lime peel. Shake lightly to mix.
- Add shrimp. Seal bag; rotate to coat all of shrimp. Refrigerate 30 to 60 minutes to marinate.
- Meanwhile, in small bowl, mix mayonnaise, honey mustard, chipotle chile and adobo sauce. Cover; refrigerate until serving.
- Heat oven to 400°F.
- Remove shrimp from marinade; place in 15x10x1-inch baking pan. Open each shrimp, arranging in pan so that cut portion is on pan with tail tucked in. Discard marinade.
- Bake 5 to 7 minutes, rearranging shrimp halfway through bake time, until shrimp are pink.
- Place on serving platter; sprinkle with cilantro. Spoon dip into bowl.
- Cut reserved lime into wedges.
- Garnish dip with wedges.
- Serve shrimp with dip. Store any remaining shrimp and dip in refrigerator.

Nutrition Facts

  
■ PROTEIN 1.18% ■ FAT 70.69% ■ CARBS 28.13%

Properties

Glycemic Index:7.83, Glycemic Load:0.3, Inflammation Score:-1, Nutrition Score:1.0104347914457%

Flavonoids

Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 46.63kcal (2.33%), Fat: 3.77g (5.8%), Saturated Fat: 0.56g (3.47%), Carbohydrates: 3.37g (1.12%), Net Carbohydrates: 2.9g (1.05%), Sugar: 1.49g (1.66%), Cholesterol: 0mg (0%), Sodium: 150.45mg (6.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.28%), Vitamin K: 8.12µg (7.73%), Vitamin C: 3.39mg (4.11%), Vitamin E: 0.4mg (2.65%), Fiber: 0.48g (1.91%)