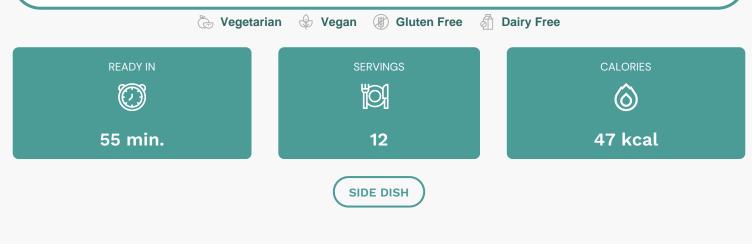


Chile-Lime Shrimp with Creamy Chipotle Dip



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	
Di	rections	
	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% CARRS 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, 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: Omg (0%), Sodium: 150.45mg (6.54%), Alcohol: Og (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%)