



Chili-glazed Shrimp

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon asian fish sauce (nuoc mam or nam pla)
- 2 tablespoons cilantro leaves fresh chopped
- 2 tablespoons juice of lime
- 4 servings lime wedges
- 0.5 cup thai chili sauce sweet

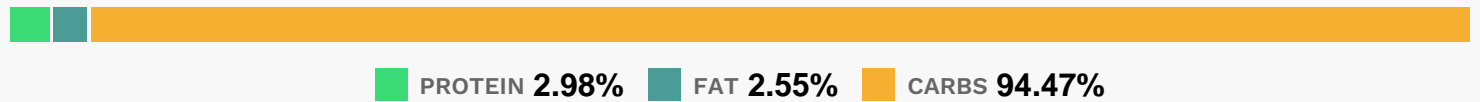
Equipment

- grill
- metal skewers

Directions

- Mix chili sauce, lime juice, fish sauce, and cilantro; set aside.
- Divide shrimp into 4 equal portions.
- Lay each portion of shrimp in a neat row with tails pointed in the same direction. Thread 2 thin wood or metal skewers (8 to 10 in. long) about 1 1/2 inches apart through center of each row of shrimp, pushing the shellfish close together.
- Place shrimp on an oiled grill above a solid bed of hot coals or high heat on a gas barbecue (you can hold your hand at grill level only 2 to 3 seconds); close lid on gas grill.
- Cook, turning once, until shrimp are pink, 2 to 3 minutes a side.
- Brush tops of shrimp with the chili sauce mixture, turn over, and cook just until glaze bubbles and browns slightly, about 30 seconds (watch closely; glaze burns easily).
- Brush tops with more chili mixture, then turn glaze down and cook just until it darkens slightly, about 30 seconds more.
- Transfer shrimp to plates or a platter. Season to taste with remaining chili mixture and juice from lime wedges.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.61086957415809%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 69.46kcal (3.47%), Fat: 0.2g (0.31%), Saturated Fat: 0g (0.01%), Carbohydrates: 16.65g (5.55%), Net Carbohydrates: 16.4g (5.96%), Sugar: 15.55g (17.27%), Cholesterol: 0mg (0%), Sodium: 672.26mg (29.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.05%), Vitamin C: 2.62mg (3.17%), Magnesium: 8.59mg (2.15%), Vitamin B6: 0.02mg (1.07%), Fiber: 0.25g (1.02%)