



Chili-Glazed Shrimp with Tomatillo-Cilantro Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



141 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 6 servings feta cheese
- ☐ 1 garlic clove crushed
- ☐ 0.5 teaspoon garlic powder
- ☐ 2 tablespoons ground mild chili (such as ancho or New Mexican*)
- ☐ 1 tablespoon jalapeño chili minced seeded
- ☐ 24 jumbo shrimp deveined peeled

- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 onion coarsely chopped
- ☐ 1 teaspoon onion powder
- ☐ 1 pound tomatillos husked

Equipment

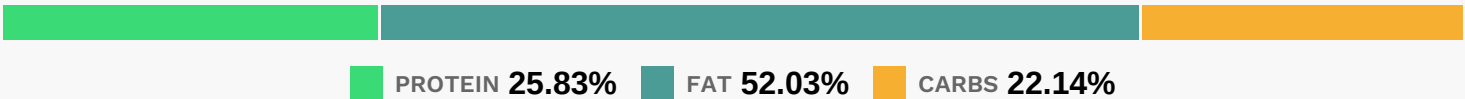
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ blender
- ☐ grill

Directions

- ☐ Cook tomatillos in large pot of boiling salted water until olive-green color, about 5 minutes.
- ☐ Drain and transfer to blender.
- ☐ Add onion, jalapeño, and garlic and process tomatillo sauce until smooth.
- ☐ Heat 1 tablespoon oil in skillet over medium heat.
- ☐ Add sauce and bring to boil. Reduce heat and simmer until slightly thickened, stirring occasionally, about 5 minutes. Stir in cilantro. Season with salt and pepper. Cool to room temperature. (Can be made 1 day ahead. Chill. Bring to room temperature before using.)
- ☐ Prepare barbecue (medium-high heat). Toss shrimp with remaining 2 tablespoons oil in large bowl.
- ☐ Add ground chili, onion powder, and garlic powder; toss to combine.
- ☐ Sprinkle shrimp with salt and pepper. Grill shrimp until just cooked through, about 2 minutes per side.
- ☐ Spoon about 3 tablespoons tomatillo sauce into center of each of 6 plates. Arrange shrimp atop sauce.
- ☐ Sprinkle with queso fresco.
- ☐ * Tomatillos (green tomato-like vegetables with paper-thin husks), ground New Mexican chilies, and queso fresco (also known as queso blanco) are available at Latin American

markets and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.46, Inflammation Score:-7, Nutrition Score:7.9713043427986%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg

Nutrients (% of daily need)

Calories: 141.38kcal (7.07%), Fat: 8.63g (13.28%), Saturated Fat: 1.32g (8.24%), Carbohydrates: 8.26g (2.75%), Net Carbohydrates: 5.43g (1.97%), Sugar: 4.1g (4.56%), Cholesterol: 65.09mg (21.7%), Sodium: 101.09mg (4.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.64g (19.28%), Vitamin A: 921.27IU (18.43%), Vitamin C: 13.46mg (16.31%), Vitamin E: 2.42mg (16.1%), Vitamin K: 15.65µg (14.91%), Phosphorus: 135.84mg (13.58%), Copper: 0.26mg (12.83%), Potassium: 403.5mg (11.53%), Fiber: 2.83g (11.33%), Manganese: 0.22mg (10.81%), Magnesium: 36.27mg (9.07%), Vitamin B3: 1.77mg (8.85%), Vitamin B6: 0.14mg (7.22%), Iron: 1.26mg (7.01%), Zinc: 0.9mg (6.03%), Calcium: 52.41mg (5.24%), Vitamin B2: 0.06mg (3.61%), Vitamin B1: 0.05mg (3.57%), Folate: 10.7µg (2.67%), Selenium: 1.4µg (1.99%), Vitamin B5: 0.18mg (1.79%)