



Chili Shrimp

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon asian chili oil with chile flakes
- ☐ 3 tablespoons mild honey such as clover
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 teaspoon soya sauce reduced-sodium
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup rice cereal
- ☐ 0.5 teaspoon chile flakes red
- ☐ 2 serrano chiles sliced

- ☐ 1 pound shrimp deveined peeled per lb.)
- ☐ 1 tablespoon vegetable oil

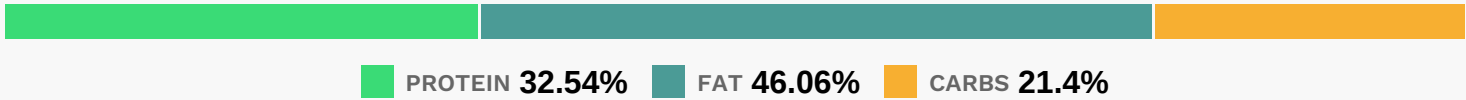
Equipment

- ☐ bowl
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Mix mayo, chili oil, and soy sauce in a bowl; set aside.
- ☐ Preheat broiler with rack set about 5 in. from heat. Coat shrimp with oil and lay evenly on a broiler pan. Broil until pink and firm, about 5 minutes.
- ☐ Transfer to a bowl.
- ☐ Drizzle shrimp with honey and sprinkle with salt, tossing to coat. Arrange shrimp evenly on a serving plate.
- ☐ Sprinkle with chile slices, puffed rice, and chile flakes.
- ☐ Serve immediately with sauce on the side.

Nutrition Facts



Properties

Glycemic Index:17.05, Glycemic Load:4.54, Inflammation Score:-3, Nutrition Score:5.0995652465069%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 188.01kcal (9.4%), Fat: 9.87g (15.18%), Saturated Fat: 1.55g (9.72%), Carbohydrates: 10.31g (3.44%), Net Carbohydrates: 9.68g (3.52%), Sugar: 8.86g (9.85%), Cholesterol: 125.63mg (41.88%), Sodium: 398.28mg (17.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.68g (31.37%), Vitamin K: 21.2µg (20.19%), Phosphorus: 171.76mg (17.18%), Copper: 0.32mg (16.06%), Vitamin A: 469.56IU (9.39%), Zinc: 1.14mg (7.57%), Magnesium:

30.25mg (7.56%), Vitamin E: 1.08mg (7.21%), Potassium: 246.13mg (7.03%), Calcium: 55.37mg (5.54%), Iron: 0.77mg (4.27%), Manganese: 0.07mg (3.36%), Fiber: 0.63g (2.53%), Vitamin B6: 0.05mg (2.31%), Vitamin B2: 0.03mg (1.5%), Vitamin B3: 0.25mg (1.27%), Vitamin C: 0.96mg (1.16%)