



## Clinched and Planked Shrimp

 Gluten Free

READY IN



168 min.

SERVINGS



8

CALORIES



166 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 8 servings basic brine
- 30 cedar grilling planks
- 0.3 cup pieces chives ()
- 0.3 teaspoon pepper red crushed
- 1 tablespoon thyme leaves fresh
- 1 tablespoon garlic grated
- 0.3 teaspoon kosher salt

- 1 teaspoon juice of lemon fresh
- 1 teaspoon lower-sodium soy sauce
- 0.3 cup olive oil extra-virgin
- 2 pounds shrimp unpeeled
- 1 teaspoon sugar
- 1 teaspoon butter unsalted melted

## Equipment

- bowl
- paper towels
- whisk
- grill

## Directions

- Prepare Basic Brine, increasing water to 8 cups, thyme and sugar to 2 tablespoons each, and halved lemons to
- Split shrimp shells down the back, and devein shrimp, leaving shells intact.
- Place shrimp in a large bowl; add brine. Cover bowl; refrigerate 1 hour.
- Immerse and soak the cedar planks in water for 1 hour; drain.
- Preheat a charcoal fire to high heat.
- Let burn 30 minutes or until flames subside and coals are glowing.
- Spread coals to an even 4-inch thickness; fan excess ash from coals with a piece of cardboard.
- Drain shrimp; discard brine. Pat shrimp dry with paper towels.
- Combine oil and next 8 ingredients (through red pepper) in a large bowl, stirring with a whisk.
- Add shrimp; toss to coat. Arrange shrimp in 2 tight rows on each plank, with shrimp curled against each other.
- Place plank on the coal bed with some coals on the exposed corners of the plank. Cover with grill lid; grill 6 minutes or until shrimp are done.
- Place shrimp on a platter; top with chives and juice.

# Nutrition Facts

PROTEIN 54.77% FAT 42.17% CARBS 3.06%

## Properties

Glycemic Index:27.76, Glycemic Load:0.51, Inflammation Score:-7, Nutrition Score:5.1586956083775%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 166.2kcal (8.31%), Fat: 7.88g (12.13%), Saturated Fat: 1.38g (8.61%), Carbohydrates: 1.29g (0.43%), Net Carbohydrates: 1.05g (0.38%), Sugar: 0.56g (0.62%), Cholesterol: 183.91mg (61.3%), Sodium: 260.73mg (11.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.03g (46.06%), Phosphorus: 247.48mg (24.75%), Copper: 0.46mg (22.8%), Magnesium: 42.65mg (10.66%), Zinc: 1.56mg (10.43%), Potassium: 318.38mg (9.1%), Calcium: 80.33mg (8.03%), Vitamin E: 1.02mg (6.79%), Vitamin K: 7.06µg (6.72%), Iron: 0.85mg (4.72%), Manganese: 0.09mg (4.69%), Vitamin C: 2.68mg (3.25%), Vitamin A: 130.95IU (2.62%), Vitamin B6: 0.02mg (1.01%)