



Curried Peanut Shrimp



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon sriracha with garlic
- ☐ 2 tablespoons creamy peanut butter reduced-fat
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1.5 teaspoons curry powder
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 cup orange juice
- ☐ 0.3 cup orange marmalade
- ☐ 0.5 teaspoon salt

- ☐ 1 pound shrimp deveined peeled
- ☐ 1 teaspoon vegetable oil

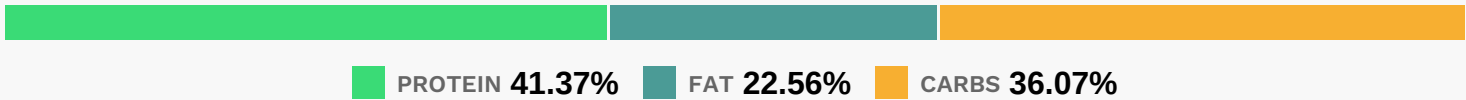
Equipment

- ☐ blender
- ☐ grill
- ☐ broiler
- ☐ ziploc bags
- ☐ skewers
- ☐ broiler pan

Directions

- ☐ Combine the first 9 ingredients in a blender, and process until smooth. Reserve 1/4 cup marinade.
- ☐ Place remaining marinade mixture in a large zip-top plastic bag, and add shrimp. Seal and shake to coat. Marinate in refrigerator 30 minutes.
- ☐ Prepare grill or broiler.
- ☐ Remove shrimp from bag, reserving marinade. Thread shrimp onto each of 4 (12-inch) skewers.
- ☐ Place kebabs on a grill rack or broiler pan coated with cooking spray; cook 3 minutes on each side or until shrimp are done, basting frequently with remaining marinade. Spoon reserved 1/4 cup marinade over shrimp.

Nutrition Facts



Properties

Glycemic Index:25.75, Glycemic Load:1.04, Inflammation Score:-2, Nutrition Score:7.2669564744701%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 232.11kcal (11.61%), Fat: 6.07g (9.34%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 21.85g (7.28%), Net Carbohydrates: 20.78g (7.56%), Sugar: 18.28g (20.31%), Cholesterol: 182.57mg (60.86%), Sodium: 534.08mg (23.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.05g (50.11%), Phosphorus: 280.54mg (28.05%), Copper: 0.52mg (25.91%), Magnesium: 59.35mg (14.84%), Zinc: 1.8mg (12.01%), Potassium: 405.05mg (11.57%), Vitamin C: 9.13mg (11.07%), Manganese: 0.21mg (10.64%), Calcium: 94.87mg (9.49%), Vitamin E: 1.07mg (7.13%), Iron: 1.1mg (6.14%), Vitamin B3: 1.2mg (6.01%), Fiber: 1.07g (4.27%), Folate: 15.38µg (3.85%), Vitamin B6: 0.06mg (3.03%), Vitamin K: 3.05µg (2.9%), Selenium: 1.93µg (2.76%), Vitamin B1: 0.04mg (2.37%), Vitamin B2: 0.03mg (1.9%), Vitamin A: 94.65IU (1.89%), Vitamin B5: 0.13mg (1.31%)