



Curry-Mango Shrimp



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon curry powder
- ☐ 1 tablespoon ginger fresh grated
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.5 cup mango chutney
- ☐ 1 tablespoon olive oil
- ☐ 1 pound shrimp deveined peeled
- ☐ 30 inch frangelico
- ☐ 30 inch frangelico

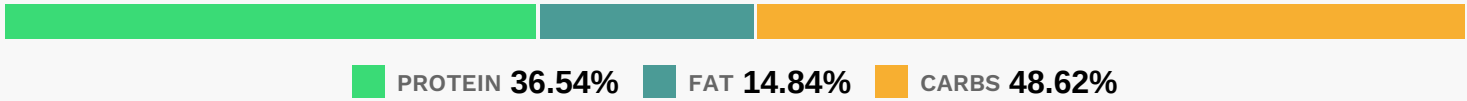
Equipment

- ☐ grill
- ☐ skewers

Directions

- ☐ Combine first 5 ingredients; brush half of mixture over shrimp. Cover and let stand 15 minutes. Thread shrimp evenly onto skewers.
- ☐ Grill shrimp, covered with grill lid, over medium-high heat (350 to 400 degrees F) for 4 to 5 minutes on each side or until shrimp turn pink.
- ☐ Brush with remaining chutney mixture, and serve.
- ☐ Pour: To complement the diverse flavors of the curry-mango marinade, try a Hogue Riesling from Washington's Columbia Valley. The naturally crisp acidity balances sweet peach and apricot flavors for a refreshing finish.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:21.19, Inflammation Score:-1, Nutrition Score:7.1834783489289%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 334kcal (16.7%), Fat: 5.55g (8.54%), Saturated Fat: 0.82g (5.1%), Carbohydrates: 40.91g (13.64%), Net Carbohydrates: 40.07g (14.57%), Sugar: 27.79g (30.87%), Cholesterol: 243.43mg (81.14%), Sodium: 198.93mg (8.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.75g (61.5%), Phosphorus: 338.39mg (33.84%), Copper: 0.66mg (32.99%), Magnesium: 58.24mg (14.56%), Zinc: 2.09mg (13.96%), Potassium: 475.22mg (13.58%), Vitamin C: 9.64mg (11.69%), Calcium: 112.21mg (11.22%), Iron: 1.22mg (6.76%), Vitamin E: 0.85mg (5.68%), Manganese: 0.09mg (4.75%), Fiber: 0.84g (3.36%), Vitamin K: 3.23µg (3.08%), Vitamin B2: 0.05mg (2.77%), Folate: 8.5µg (2.13%), Selenium: 1.22µg (1.75%), Vitamin B6: 0.02mg (1.23%)