



Drunken Shrimp Overboard

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 ounce st. george porter beer
- 1 teaspoon chili paste depending on your taste pref red
- 2 tablespoons fish sauce
- 5 cloves garlic crushed
- 1 teaspoon ground cardamom
- 1 tablespoon lime juice concentrate frozen
- 0.3 cup sesame oil toasted
- 18 large shrimp unpeeled

- 6 inch wooden skewers for several hours
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Equipment

- grill
- wooden skewers

Directions

- Combine beer and next 6 ingredients; pour into a large plastic zip-top bag.
- Add shrimp, tossing until well coated. Refrigerate 8 hours or overnight.
- Place 3 shrimp on 6-inch wooden skewers. Grill over medium-high heat 1 minute or until shells turn orange-pink. (Do not overcook.)
- Serve immediately.

Nutrition Facts

■ PROTEIN **17.84%** ■ FAT **72.39%** ■ CARBS **9.77%**

Properties

Glycemic Index:12.58, Glycemic Load:1.05, Inflammation Score:-2, Nutrition Score:2.5982608659112%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 165.3kcal (8.26%), Fat: 12.3g (18.93%), Saturated Fat: 1.76g (10.97%), Carbohydrates: 3.74g (1.25%), Net Carbohydrates: 3.58g (1.3%), Sugar: 0.36g (0.4%), Cholesterol: 48.3mg (16.1%), Sodium: 509.67mg (22.16%), Alcohol: 2.21g (100%), Alcohol %: 2.53% (100%), Protein: 6.82g (13.64%), Manganese: 0.16mg (8.2%), Phosphorus: 77.76mg (7.78%), Copper: 0.13mg (6.68%), Magnesium: 26.09mg (6.52%), Vitamin B6: 0.08mg (4.19%), Potassium: 131.55mg (3.76%), Zinc: 0.48mg (3.18%), Calcium: 30.37mg (3.04%), Vitamin B3: 0.47mg (2.34%), Vitamin C: 1.76mg

(2.14%), Selenium: 1.25µg (1.79%), Iron: 0.31mg (1.73%), Folate: 6.87µg (1.72%), Vitamin K: 1.71µg (1.63%), Vitamin B2: 0.02mg (1.29%), Vitamin E: 0.18mg (1.19%)