



WHATSheATE



Ginger and Lemongrass Grilled Shrimp



Gluten Free



Dairy Free

READY IN



61 min.

SERVINGS



6

CALORIES



237 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cloves garlic chopped
- ☐ 1 tablespoon ginger chopped
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon lemongrass chopped
- ☐ 0.3 cup soya sauce light
- ☐ 1 lime
- ☐ 6 servings vegetable oil; peanut oil preferred for drizzling
- ☐ 1 small head radicchio thinly

- ☐ 1 bell pepper red cut into 1 1/2-inch pieces
- ☐ 5 scallions chopped cut into 1 1/2-inch lengths and greens
- ☐ 2 tablespoons sesame oil
- ☐ 24 large shrimp with the tails left on peeled
- ☐ 1 bunch watercress cleaned

Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ skewers

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the grill to high.
- ☐ In a large, nonreactive bowl, combine the lemongrass, ginger, garlic, scallion greens, soy sauce, sesame oil, and honey and whisk well.
- ☐ Add the shrimp and toss to coat. Marinate in the refrigerator for 15 to 30 minutes.
- ☐ Skewer the shrimp, scallion whites, and red bell peppers onto skewers in whatever order you like. There should be 4 to 6 shrimp per skewer.
- ☐ Place the skewers on a flat plate and drizzle with peanut oil. It is not necessary to salt the skewers because soy sauce has so much salt in it.
- ☐ Place the shrimp skewers on the grill and cook about 3 minutes per side, or just until the shrimp curls, turns red and does not appear clear at all. Be careful not to overcook.
- ☐ Place the whole radicchio leaves around the edge of a platter. Mound the chiffonade radicchio and watercress inside the leaves and around the platter.
- ☐ Remove the skewers from the grill and place on the bed of greens. Squeeze the juice of a lime over the shrimp.

Nutrition Facts



 **PROTEIN 16.41%**  **FAT 69.84%**  **CARBS 13.75%**

Properties

Glycemic Index:40.05, Glycemic Load:2.38, Inflammation Score:-7, Nutrition Score:12.00608719691%

Flavonoids

Cyanidin: 31.75mg, Cyanidin: 31.75mg, Cyanidin: 31.75mg, Cyanidin: 31.75mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Luteolin: 9.62mg, Luteolin: 9.62mg, Luteolin: 9.62mg, Luteolin: 9.62mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.3mg, Quercetin: 10.3mg, Quercetin: 10.3mg, Quercetin: 10.3mg

Nutrients (% of daily need)

Calories: 236.62kcal (11.83%), Fat: 19.07g (29.33%), Saturated Fat: 3.11g (19.42%), Carbohydrates: 8.45g (2.82%), Net Carbohydrates: 7.08g (2.58%), Sugar: 4.48g (4.98%), Cholesterol: 64.4mg (21.47%), Sodium: 597.92mg (26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.08g (20.15%), Vitamin K: 96.66µg (92.05%), Vitamin C: 34.72mg (42.08%), Vitamin E: 3.27mg (21.78%), Vitamin A: 866.11IU (17.32%), Copper: 0.29mg (14.3%), Phosphorus: 124.44mg (12.44%), Manganese: 0.21mg (10.55%), Potassium: 312.88mg (8.94%), Folate: 34.38µg (8.6%), Magnesium: 28.36mg (7.09%), Vitamin B6: 0.12mg (6.17%), Zinc: 0.88mg (5.88%), Iron: 1mg (5.56%), Fiber: 1.36g (5.45%), Calcium: 52.31mg (5.23%), Vitamin B3: 0.75mg (3.76%), Vitamin B2: 0.06mg (3.4%), Vitamin B1: 0.04mg (2.39%), Vitamin B5: 0.22mg (2.22%)