



Ginger Shrimp with Sweet-Spicy Thai Dipping Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



113 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons asian fish sauce
- ☐ 1 sticks celery and cucumber spears for serving
- ☐ 2.5 ounces ginger with the side of a knife blade crushed thinly sliced
- ☐ 4 cups ice cubes
- ☐ 2 tablespoons catsup
- ☐ 3 tablespoons juice of lime fresh
- ☐ 6 chiles dried red

- ☐ 0.5 cup rice vinegar
- ☐ 2 pounds shrimp shelled deveined
- ☐ 0.3 cup sugar
- ☐ 0.5 cup thai chili sauce sweet

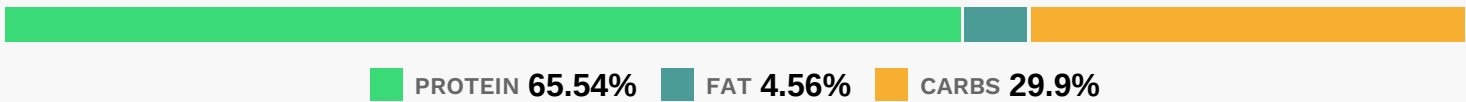
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot

Directions

- ☐ In a small saucepan, combine the ginger with the vinegar, sugar and chiles. Bring to a boil, stirring to dissolve the sugar.
- ☐ Transfer to a large bowl; let cool.
- ☐ In a large pot of boiling salted water, simmer the shrimp until pink and cooked through, about 2 minutes.
- ☐ Drain the shrimp and add them to the ginger mixture. Stir in the ice cubes and refrigerate for at least 4 hours or overnight.
- ☐ Drain the shrimp and pat dry. Discard the ginger and chiles.
- ☐ In a small bowl, mix the Thai chili sauce with the lime juice, ketchup and fish sauce. Refrigerate until chilled. Arrange the shrimp on a platter with the celery sticks and cucumber spears and serve with the sauce.
- ☐ Make Ahead: The marinating shrimp and the dipping sauce can be refrigerated separately overnight.

Nutrition Facts



Properties

Glycemic Index:16.71, Glycemic Load:3.68, Inflammation Score:-3, Nutrition Score:5.4373912957052%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 113.33kcal (5.67%), Fat: 0.58g (0.89%), Saturated Fat: 0.11g (0.7%), Carbohydrates: 8.52g (2.84%), Net Carbohydrates: 8.08g (2.94%), Sugar: 6.42g (7.14%), Cholesterol: 146.06mg (48.69%), Sodium: 215.86mg (9.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.67g (37.34%), Vitamin C: 20.24mg (24.53%), Phosphorus: 203.42mg (20.34%), Copper: 0.41mg (20.32%), Magnesium: 40.78mg (10.19%), Potassium: 327.06mg (9.34%), Zinc: 1.29mg (8.61%), Calcium: 67.4mg (6.74%), Manganese: 0.08mg (4.18%), Vitamin A: 203.6IU (4.07%), Iron: 0.66mg (3.66%), Vitamin K: 2.69µg (2.56%), Vitamin B6: 0.05mg (2.38%), Fiber: 0.43g (1.73%), Folate: 5.28µg (1.32%), Vitamin B2: 0.02mg (1.3%), Vitamin B3: 0.23mg (1.17%)