



Grilled Jumbo Shrimp with Kimchi-Miso Butter

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 25 servings canola oil for brushing
- ☐ 12 jumbo shrimp in the shell (see Note)
- ☐ 0.3 cup kimchi dry pressed drained finely chopped
- ☐ 1.5 tablespoons miso paste yellow
- ☐ 0.3 cup seasoned nori shredded
- ☐ 1 pinch salt
- ☐ 12 plump scallions white halved lengthwise
- ☐ 0.3 teaspoon sesame oil toasted

☐ 1 stick butter unsalted softened

Equipment

- ☐ bowl
- ☐ oven
- ☐ wooden spoon
- ☐ grill
- ☐ broiler
- ☐ microwave
- ☐ grill pan

Directions

- ☐ In a microwave-safe bowl, using a wooden spoon, beat the softened butter with the miso paste, toasted sesame oil and salt.
- ☐ Add the chopped kimchi and beat until blended. Microwave at high power for about 10 seconds, just until the butter is melted.
- ☐ Preheat the broiler and position a rack 6 inches from the heat. Preheat a cast-iron grill pan.
- ☐ Brush the scallions with canola oil and grill over moderately high heat, turning, until the scallions are tender and browned in spots, about 3 minutes.
- ☐ Transfer the scallions to a plate. Lightly brush the shrimp with canola oil and place on the grill, shell side down.
- ☐ Drizzle each shrimp with a scant tablespoon of the butter and grill for 3 minutes.
- ☐ Transfer the grill pan to the oven rack and broil for about 1 minute, until the shrimp are cooked through and glazed with the butter.
- ☐ Transfer the shrimp and scallions to plates and drizzle with more of the butter.
- ☐ Garnish with the shredded nori.
- ☐ Serve right away.

Nutrition Facts



 PROTEIN **2.98%**  FAT **95.32%**  CARBS **1.7%**

Properties

Glycemic Index:3.72, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:2.4856521973143%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 164.65kcal (8.23%), Fat: 17.81g (27.4%), Saturated Fat: 3.38g (21.1%), Carbohydrates: 0.71g (0.24%), Net Carbohydrates: 0.49g (0.18%), Sugar: 0.21g (0.24%), Cholesterol: 17.45mg (5.82%), Sodium: 52.48mg (2.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.51%), Vitamin K: 23.03µg (21.93%), Vitamin E: 2.59mg (17.26%), Vitamin A: 174.94IU (3.5%), Phosphorus: 15.41mg (1.54%), Copper: 0.03mg (1.45%), Vitamin C: 1.1mg (1.34%), Folate: 4.69µg (1.17%), Manganese: 0.02mg (1.01%)