



 **32%**
HEALTH SCORE

Grilled Lemongrass Shrimp

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

READY IN



45 min.

SERVINGS



1

CALORIES



628 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 bamboo skewers (10-inch)
- 0.5 teaspoon chili powder
- 0.5 teaspoon fish sauce
- 4 cloves garlic minced
- 0.3 cup lemon grass minced
- 1 pound shrimp raw deveined peeled
- 1 salt
- 1 tablespoon soya sauce

- 1 teaspoon sugar
- 2 tablespoons vegetable oil
- 0.3 cup water

Equipment

- bowl
- grill
- skewers

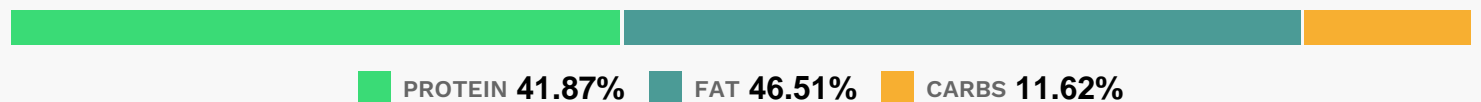
Directions

- Combine the lemongrass, garlic, soy sauce, fish sauce, chili paste, salt, sugar, and oil in a bowl.
- Add the shrimp and marinate for 15 minutes. Thread the shrimp on the skewers and set them aside. Start a charcoal grill or preheat a gas grill to moderate heat. Just before serving, grill the shrimp, turning the skewers, until just done, about 2 or 3 minutes total, depending on the size. If you don't have a grill, trim the

- Serves 4 as an Appetizer

- Pleasures of the Vietnamese Table, by Mai Pham. Note: Vietnamese cuisine comes from an extraordinarily rich tradition, one that combines Chinese, French, and Indian influences. Acclaimed chef, cooking teacher and restaurateur Mai Pham has returned to her native land on numerous occasions to learn the secrets of its regional cuisine. The following recipe is excerpted from her latest book, Pleasures of the Vietnamese Table, a compilation of over 100 classic recipes that define Vietnamese cuisine today. These recipes are accompanied by marvelous stories and family anecdotes, as well as fine black and white photographs of the author's native land.

Nutrition Facts



Properties

Glycemic Index:147.09, Glycemic Load:4.06, Inflammation Score:-8, Nutrition Score:35.971304347826%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 627.79kcal (31.39%), Fat: 32.11g (49.41%), Saturated Fat: 4.73g (29.57%), Carbohydrates: 18.06g (6.02%), Net Carbohydrates: 17.26g (6.28%), Sugar: 4.67g (5.19%), Cholesterol: 571.53mg (190.51%), Sodium: 3831.04mg (166.57%), Protein: 65.05g (130.1%), Selenium: 136.75µg (195.36%), Phosphorus: 1169.65mg (116.97%), Vitamin B12: 5.05µg (84.15%), Manganese: 1.33mg (66.37%), Vitamin E: 8.63mg (57.52%), Vitamin K: 52.64µg (50.14%), Vitamin B6: 0.97mg (48.34%), Copper: 0.96mg (47.8%), Vitamin B3: 9.24mg (46.18%), Zinc: 5.07mg (33.81%), Magnesium: 127.53mg (31.88%), Calcium: 287.87mg (28.79%), Folate: 104.28µg (26.07%), Vitamin A: 1115.93IU (22.32%), Potassium: 751.36mg (21.47%), Iron: 3.17mg (17.61%), Vitamin B5: 1.57mg (15.7%), Vitamin B1: 0.14mg (9.34%), Vitamin B2: 0.14mg (8.48%), Vitamin C: 4.25mg (5.15%), Fiber: 0.8g (3.2%), Vitamin D: 0.45µg (3.02%)