



WHATSheATE



## Grilled Lime Shrimp and Vegetable Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



762 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 5 snack peppers assorted mini
- ☐ 13.7 oz coconut milk canned
- ☐ 1 teaspoon chili sauce hot (such as Sriracha)
- ☐ 2 ears corn fresh
- ☐ 0.5 cup flat parsley fresh chopped (such as flat-leaf parsley, mint, basil, and cilantro)
- ☐ 2 garlic clove minced
- ☐ 1.3 cups jasmine rice uncooked
- ☐ 3 tablespoons bell pepper red

- ☐ 6 tablespoons juice of lime fresh divided
- ☐ 1 teaspoon lime zest
- ☐ 2 tablespoons olive oil
- ☐ 2 teaspoons olive oil
- ☐ 2 pounds shrimp raw peeled
- ☐ 1 onion sweet cut into 1/2-inch slices
- ☐ 1 teaspoon salt

## Equipment

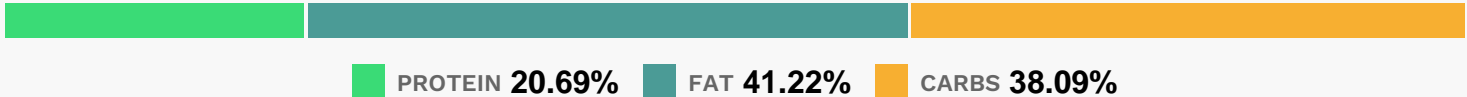
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ grill

## Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat. Bring first 3 ingredients and 2/3 cup water to a boil in a medium saucepan over high heat.
- ☐ While coconut milk mixture comes to a boil, whisk together red pepper jelly, next 3 ingredients, and 1/4 cup fresh lime juice in a small bowl. Reserve 2 Tbsp. lime mixture.
- ☐ Combine remaining lime mixture and shrimp.
- ☐ Let stand 20 minutes.
- ☐ Meanwhile, stir rice into boiling coconut milk mixture. Cover, reduce heat to low, and simmer 20 minutes or until liquid is absorbed.
- ☐ Remove from heat, and keep covered.
- ☐ While shrimp marinates and rice simmers, brush corn, peppers, and onion with 2 tsp. olive oil, and grill, covered with grill lid, 8 minutes or until slightly charred, turning halfway through.
- ☐ Remove and discard seeds from peppers; chop peppers.
- ☐ Cut kernels from corn cobs. Discard cobs. Chop onion.
- ☐ Combine peppers, corn, and onion in a bowl.

- ☐ Remove shrimp from marinade, discarding marinade. Grill shrimp, covered with grill lid, 3 minutes on each side or just until shrimp turn pink.
- ☐ Remove shrimp from grill; sprinkle with 1 Tbsp. lime juice, and toss with reserved 2 Tbsp. lime mixture. Reserve half of shrimp for Lime Shrimp
- ☐ Rolls. Stir remaining 1 Tbsp. lime juice into rice. Stir rice mixture and herbs into grilled vegetables.
- ☐ Serve remaining shrimp over rice-and-vegetable mixture.
- ☐ LEFTOVER DINNER: Lime Shrimp
- ☐ Rolls: Preheat oven to 37
- ☐ Coarsely chop reserved shrimp from Grilled Lime Shrimp and Vegetable Rice. Stir together 1/2 cup chopped celery, 1/3 cup mayonnaise, 1/2 tsp. lime zest, 1 Tbsp. fresh lime juice, 1/2 tsp. chopped fresh tarragon, and shrimp in a bowl. Stir together 2 Tbsp. melted butter and 1 garlic clove, pressed; spread on cut sides of 4 hot dog buns.
- ☐ Bake 7 to 8 minutes or until toasted.
- ☐ Place 1 lettuce leaf in each roll; top with shrimp mixture.
- ☐ Serve with lime wedges. Makes 4 servings.

## Nutrition Facts



## Properties

Glycemic Index:54.8, Glycemic Load:28.57, Inflammation Score:-10, Nutrition Score:41.273478373237%

## Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Hesperetin: 2.23mg, Hesperetin: 2.23mg, Hesperetin: 2.23mg, Hesperetin: 2.23mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Myricetin: 2.08mg, Myricetin: 2.08mg, Myricetin: 2.08mg, Myricetin: 2.08mg, Quercetin: 12.28mg, Quercetin: 12.28mg, Quercetin: 12.28mg, Quercetin: 12.28mg

## Nutrients (% of daily need)

Calories: 762.23kcal (38.11%), Fat: 35.6g (54.77%), Saturated Fat: 22.22g (138.87%), Carbohydrates: 74.01g (24.67%), Net Carbohydrates: 68.19g (24.8%), Sugar: 12.67g (14.08%), Cholesterol: 285.76mg (95.25%), Sodium: 1919.34mg (83.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.2g (80.4%), Vitamin K: 131.92µg (125.64%), Selenium: 82.85µg (118.36%), Vitamin C: 81.01mg (98.19%), Manganese: 1.81mg (90.38%), Phosphorus: 800.52mg (80.05%), Vitamin A: 2459.38IU (49.19%), Copper: 0.9mg (44.97%), Vitamin B12: 2.52µg (41.96%), Vitamin B6: 0.8mg (39.98%), Vitamin B3: 7.17mg (35.86%), Vitamin E: 5.34mg (35.61%), Magnesium: 135.42mg (33.86%), Folate: 134.29µg (33.57%), Potassium: 965.16mg (27.58%), Zinc: 4.02mg (26.79%), Fiber: 5.82g (23.28%), Iron: 3.74mg (20.75%), Vitamin B5: 2.07mg (20.71%), Calcium: 191.62mg (19.16%), Vitamin B1: 0.25mg (16.91%), Vitamin B2: 0.15mg (8.98%), Vitamin D: 0.23µg (1.51%)