



Grilled Quick-Brined Jumbo Shrimp



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



126 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings spicy citrus dipping sauce for serving
- ☐ 2.5 pounds shrimp
- ☐ 0.5 cup kosher salt
- ☐ 0.3 cup sugar
- ☐ 10 cups water

Equipment

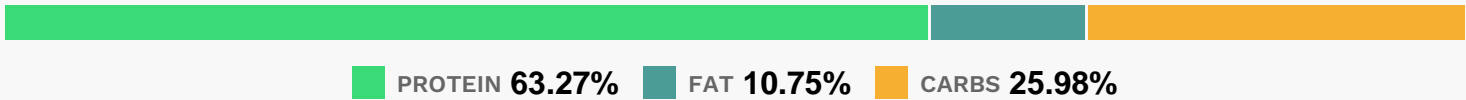
- ☐ bowl
- ☐ knife

- ☐ grill
- ☐ kitchen scissors

Directions

- ☐ In a large bowl, combine the water, salt and sugar, stirring to dissolve the salt. Using a paring knife or scissors, slit each shrimp down the back through the shell; remove the dark veins.
- ☐ Add the shrimp to the brine, cover and refrigerate for 4 hours.
- ☐ Light a grill.
- ☐ Drain the shrimp and pat dry. Grill the shrimp over moderately high heat, turning once, until the shells are lightly charred and the shrimp are just cooked through, about 5 minutes.
- ☐ Serve with the Spicy Citrus Dipping Sauce.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:4.36, Inflammation Score:-3, Nutrition Score:10.041304376543%

Nutrients (% of daily need)

Calories: 126.42kcal (6.32%), Fat: 1.46g (2.24%), Saturated Fat: 0.16g (1.02%), Carbohydrates: 7.92g (2.64%), Net Carbohydrates: 7.91g (2.88%), Sugar: 6.57g (7.3%), Cholesterol: 178.6mg (59.53%), Sodium: 7900.78mg (343.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.3g (38.6%), Selenium: 42.03µg (60.04%), Phosphorus: 346.06mg (34.61%), Vitamin B12: 1.57µg (26.22%), Copper: 0.31mg (15.6%), Vitamin B3: 2.53mg (12.63%), Vitamin E: 1.88mg (12.53%), Vitamin B6: 0.23mg (11.45%), Zinc: 1.43mg (9.5%), Calcium: 90.19mg (9.02%), Magnesium: 34.45mg (8.61%), Folate: 26.95µg (6.74%), Vitamin A: 257.39IU (5.15%), Potassium: 164.08mg (4.69%), Vitamin B5: 0.44mg (4.41%), Manganese: 0.06mg (3.04%), Iron: 0.37mg (2.04%), Vitamin B1: 0.03mg (1.91%), Vitamin B2: 0.02mg (1.35%)