



## Grilled Shrimp and Scallions with Southeast Asian Dipping Sauces



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



167 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 cup asian fish sauce
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 0.5 teaspoon freshly coarse-ground pepper black
- ☐ 1 jalapeño chile sliced into thin rings
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup juice of lime fresh

- ☐ 9 scallions white cut into 1-inch pieces
- ☐ 0.3 cup soya sauce
- ☐ 1 teaspoon sugar
- ☐ 0.3 cup unseasoned rice wine vinegar
- ☐ 2 tablespoons vegetable oil
- ☐ 2 tablespoons coriander seeds whole
- ☐ 1.5 pounds colossal with tails left intact, deveined peeled per pound; 18), or jumbo (16 to 20 per pound; 24 to 30) shrimp,

## Equipment

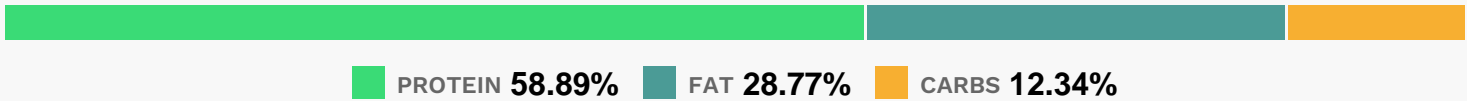
- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ skewers
- ☐ cutting board

## Directions

- ☐ In small bowl, stir together fish sauce, lime juice, and sugar.
- ☐ Mix well to dissolve sugar, then stir in jalapeño rings. Set aside.
- ☐ In small bowl, stir together soy sauce, vinegar, ginger, and cilantro. Set aside.
- ☐ Prepare grill for cooking: If using charcoal grill, open vents on bottom, then light charcoal. Charcoal fire is medium-hot when you can hold your hand 5 inches above rack for 4 to 5 seconds. If using gas grill, preheat burners on high with hood closed 10 minutes, then turn down to moderately high.
- ☐ Using electric spice grinder, pulse coriander seeds 2 to 3 times to crack. (Alternatively, place seeds on cutting board and crush lightly with small saut pan, using gentle rocking motion.) In large bowl, combine shrimp and scallions.
- ☐ Drizzle with oil and toss to coat.
- ☐ Sprinkle with coriander, salt, and pepper and toss to coat.

Thread shrimp and scallions onto skewers. Grill, turning once, until just cooked through, about 3 to 4 minutes per side. Arrange on platter and serve with dipping sauces.

## Nutrition Facts



## Properties

Glycemic Index:46.35, Glycemic Load:0.91, Inflammation Score:-4, Nutrition Score:9.5304347224857%

## Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

## Nutrients (% of daily need)

Calories: 167.35kcal (8.37%), Fat: 5.49g (8.44%), Saturated Fat: 0.84g (5.23%), Carbohydrates: 5.29g (1.76%), Net Carbohydrates: 3.85g (1.4%), Sugar: 1.95g (2.16%), Cholesterol: 182.57mg (60.86%), Sodium: 1811.71mg (78.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.28g (50.55%), Vitamin K: 46.57µg (44.35%), Phosphorus: 276.72mg (27.67%), Copper: 0.51mg (25.32%), Magnesium: 72.93mg (18.23%), Potassium: 450.59mg (12.87%), Zinc: 1.76mg (11.75%), Vitamin C: 9.65mg (11.7%), Manganese: 0.22mg (10.97%), Calcium: 107.51mg (10.75%), Iron: 1.56mg (8.64%), Fiber: 1.44g (5.77%), Folate: 20.61µg (5.15%), Vitamin B3: 0.92mg (4.59%), Vitamin B6: 0.09mg (4.55%), Vitamin A: 216.23IU (4.32%), Vitamin E: 0.58mg (3.88%), Vitamin B2: 0.05mg (2.85%), Selenium: 1.62µg (2.32%), Vitamin B1: 0.03mg (1.77%)