



Grilled Shrimp in Banana-leaf Pouch



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 60 inch banana leaves with damp cloth trimmed
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 garlic cloves
- ☐ 2 teaspoons ground coriander
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 cup bell pepper red divided chopped
- ☐ 2 servings salt and pepper to taste
- ☐ 1 pound shrimp deveined peeled

- ☐ 1 cup thai basil leaves
- ☐ 1 cup onion yellow divided chopped

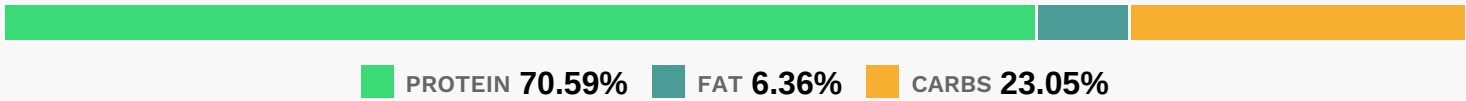
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Toss shrimp with lime juice.
- ☐ Combine 1/2 cup onion, 1/2 cup bell pepper, and garlic in the bowl of a food processor; pulse until finely chopped.
- ☐ Combine shrimp with onion mixture, remaining onion and bell pepper, and next 3 ingredients. Season with salt and pepper.
- ☐ Place one banana leaf on a 12- x 16-inch piece of aluminum foil.
- ☐ Spread half of the shrimp mixture in center of leaf. Cover it with second banana leaf and another 12- x 16-inch piece of foil.
- ☐ Roll 4 edges of foil over tightly to form a pouch. Repeat with remaining banana leaves, foil, and shrimp.
- ☐ Grill pouches, covered with grill lid, over medium heat 8 to 10 minutes.
- ☐ Remove pouches from grill.
- ☐ Remove foil; place pouches onto serving plates.
- ☐ Cut a slit in center of leaves, and peel back.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:95.5, Glycemic Load:2.96, Inflammation Score:-10, Nutrition Score:23.882608703945%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 17.6mg, Quercetin: 17.6mg, Quercetin: 17.6mg, Quercetin: 17.6mg

Nutrients (% of daily need)

Calories: 261.55kcal (13.08%), Fat: 1.93g (2.97%), Saturated Fat: 0.34g (2.1%), Carbohydrates: 15.71g (5.24%), Net Carbohydrates: 11.58g (4.21%), Sugar: 6.86g (7.62%), Cholesterol: 365.14mg (121.71%), Sodium: 472.77mg (20.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.13g (96.25%), Vitamin C: 109.84mg (133.13%), Vitamin A: 3109.93IU (62.2%), Vitamin K: 60.11µg (57.25%), Phosphorus: 550.46mg (55.05%), Copper: 1.01mg (50.7%), Magnesium: 113.07mg (28.27%), Potassium: 973.52mg (27.81%), Manganese: 0.5mg (24.96%), Zinc: 3.61mg (24.07%), Calcium: 213.17mg (21.32%), Vitamin B6: 0.38mg (18.86%), Fiber: 4.13g (16.53%), Folate: 60.46µg (15.11%), Iron: 2.48mg (13.76%), Vitamin E: 1.37mg (9.16%), Vitamin B1: 0.1mg (6.47%), Vitamin B2: 0.11mg (6.39%), Vitamin B3: 1.04mg (5.19%), Vitamin B5: 0.41mg (4.07%), Selenium: 1.49µg (2.13%)