



Grilled Shrimp Rémoulade



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 1.5 teaspoons ground pepper
- ☐ 0.3 cup dijon mustard coarse-grain
- ☐ 2.5 tablespoons dill pickles minced
- ☐ 3 tablespoons parsley fresh minced
- ☐ 2.5 tablespoons horseradish drained
- ☐ 2 teaspoons paprika hot (not)
- ☐ 2.3 teaspoons salt

- ☐ 2 tablespoons spring onion minced
- ☐ 3 lb shrimp per lb)
- ☐ 0.7 cup vegetable oil
- ☐ 0.3 cup citrus champagne vinegar

Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ skewers
- ☐ kitchen scissors

Directions

- ☐ To make rémoulade, whisk together mustard and vinegar in a large bowl until combined well, then whisk in 2/3 cup oil with parsley, horseradish, pickle, scallion, paprika, cayenne, 1 1/4 teaspoons salt, and 1/2 teaspoon black pepper.
- ☐ Snip through shells of shrimp down middle of back using scissors, exposing vein and leaving tail and first segment of shell intact. Devein shrimp, leaving shells in place. (Shells will prevent shrimp from becoming tough on outside when grilled.) Toss shrimp with remaining 1/4 cup oil, remaining teaspoon salt, and remaining 1/2 teaspoon black pepper in a large bowl, then thread about 6 shrimp (through top and tail, leaving shrimp curled) onto each skewer.
- ☐ Prepare grill for cooking. If using a charcoal grill, open vents on bottom of grill, then light charcoal. Charcoal fire is medium-hot when you can hold your hand 5 inches above rack for 3 to 4 seconds. If using a gas grill, preheat burners on high, covered, 10 minutes, then reduce heat to moderately high.
- ☐ Grill shrimp on lightly oiled grill rack, covered only if using a gas grill, turning over once, until just cooked through, 3 to 4 minutes total.
- ☐ When just cool enough to handle, push shrimp off skewers into rémoulade, then toss to combine well and cool at least 15 minutes.
- ☐ Serve warm or at room temperature.
- ☐ • Rémoulade can be made 6 hours ahead and chilled, covered. • Shrimp can be threaded onto skewers 2 hours before grilling and chilled on a large tray, covered. • If you aren't able to grill

outdoors, shrimp can be broiled in 2 batches about 6 inches from heat, turning over once, about 6 minutes total.*Available at many specialty foods shops, some supermarkets, and cajungrocer.com.

Nutrition Facts

PROTEIN 72.69%

FAT 23.34%

CARBS 3.97%

Properties

Glycemic Index:26.25, Glycemic Load:0.27, Inflammation Score:-4, Nutrition Score:9.5000000881112%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 189.92kcal (9.5%), Fat: 4.97g (7.64%), Saturated Fat: 0.78g (4.89%), Carbohydrates: 1.9g (0.63%), Net Carbohydrates: 0.94g (0.34%), Sugar: 0.68g (0.76%), Cholesterol: 273.86mg (91.29%), Sodium: 1001.25mg (43.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.81g (69.63%), Phosphorus: 379.69mg (37.97%), Vitamin K: 36.45µg (34.72%), Copper: 0.69mg (34.39%), Magnesium: 68.11mg (17.03%), Zinc: 2.43mg (16.22%), Potassium: 515.21mg (14.72%), Calcium: 125.7mg (12.57%), Vitamin A: 559.06IU (11.18%), Manganese: 0.15mg (7.7%), Iron: 1.35mg (7.52%), Vitamin C: 3.9mg (4.73%), Selenium: 2.87µg (4.09%), Vitamin E: 0.61mg (4.07%), Fiber: 0.96g (3.85%), Folate: 7.51µg (1.88%), Vitamin B6: 0.03mg (1.66%), Vitamin B1: 0.02mg (1.5%), Vitamin B2: 0.02mg (1.27%)