



Grilled Shrimp Salad with Lemongrass and Chiles

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



46 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons fish sauce (preferably Thai naam pla)
- 1 leaf cilantro leaves fresh sliced green
- 0.3 cup shallots halved lengthwise thinly sliced
- 0.5 cup mint leaves fresh
- 2 jalapeno fresh red minced (preferably)
- 2 teaspoons sea salt dissolved in 1 cup water
- 3 tablespoons juice of lime fresh

- 4 thai chile fresh red minced (1- to 2-inch)
- 1 tablespoon garlic minced
- 2 spring onion white thinly sliced (parts and half of greens)
- 2 stalks lemon grass fresh
- 2 teaspoons sugar
- 1 lb frangelico per lb) shrimp

Equipment

- bowl
- grill
- mortar and pestle
- kitchen scissors
- colander
- grill pan

Directions

- Prepare grill for cooking.
- Soak shrimp (still in shells) in salt water 5 minutes, then rinse well in a colander.
- Pound all chiles with garlic to a coarse paste with a mortar and pestle and stir in fish sauce and lime juice and sugar to taste.
- Transfer to a large bowl.
- Snip shells of shrimp with scissors down center of back, from wide end to second-to-last tail section. Butterfly shrimp in their shells, making a deep incision along length of back where shells are cut, and devein.
- Discard tough outer leaves of lemongrass and trim root ends. Thinly slice lower 6 inches of stalks.
- Grill shrimp on their sides on an oiled rack set 5 to 6 inches over glowing coals until shells are pink and slightly charred and shrimp are just cooked through, 3 to 4 minutes on each side. (Alternatively, grill shrimp in a hot well-seasoned ridged grill pan over moderate heat.)

Toss shrimp (with shells still on) with chile mixture and stir in sliced lemongrass, shallots, scallions, and mint.

Serve on a bed of lettuce and tomato with cilantro or mint.

Nutrition Facts

PROTEIN 14.53% **FAT 3.12%** **CARBS 82.35%**

Properties

Glycemic Index:59.77, Glycemic Load:2.51, Inflammation Score:-6, Nutrition Score:7.0347825884819%

Flavonoids

Eriodictyol: 1.99mg, Eriodictyol: 1.99mg, Eriodictyol: 1.99mg, Eriodictyol: 1.99mg Hesperetin: 1.58mg, Hesperetin: 1.58mg, Hesperetin: 1.58mg, Hesperetin: 1.58mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 46.2kcal (2.31%), Fat: 0.18g (0.28%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 10.66g (3.55%), Net Carbohydrates: 9.34g (3.4%), Sugar: 4.53g (5.03%), Cholesterol: 0mg (0%), Sodium: 2228.96mg (96.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.76%), Vitamin C: 25.76mg (31.23%), Manganese: 0.6mg (30.1%), Vitamin K: 14.82µg (14.12%), Magnesium: 40.79mg (10.2%), Vitamin B6: 0.19mg (9.73%), Vitamin A: 426.12IU (8.52%), Iron: 1.44mg (7.99%), Folate: 31.43µg (7.86%), Potassium: 246.56mg (7.04%), Fiber: 1.32g (5.29%), Copper: 0.09mg (4.4%), Calcium: 41.76mg (4.18%), Vitamin B3: 0.7mg (3.5%), Phosphorus: 32.86mg (3.29%), Vitamin B2: 0.05mg (3.17%), Zinc: 0.4mg (2.69%), Selenium: 1.86µg (2.65%), Vitamin B1: 0.04mg (2.53%), Vitamin B5: 0.13mg (1.29%), Vitamin B12: 0.06µg (1.08%)