



WHATSheATE



Grilled Shrimp Satay with Peaches and Bok Choy



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 heads baby bok choy halved lengthwise
- ☐ 2 teaspoons chili paste depending on your taste pref hot (such as sambal oelek)
- ☐ 0.3 cup t brown sugar dark packed ()
- ☐ 3 nectarines cut into 6 wedges
- ☐ 9 tablespoons peach nectar divided
- ☐ 3 tablespoons seasoned rice vinegar
- ☐ 16 large shrimp deveined uncooked peeled

- ☐ 6 tablespoons creamy peanut butter
- ☐ 2 tablespoons soya sauce

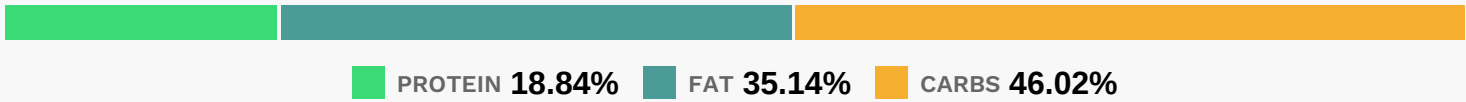
Equipment

- ☐ grill

Directions

- ☐ Prepare barbecue (medium-high heat).
- ☐ Whisk first 5 ingredients and 5 tablespoons nectar until smooth; season sauce with pepper.
- ☐ Arrange peaches, shrimp, and bok choy on grill.
- ☐ Brush with 4 tablespoons nectar; brush lightly with 1/4 cup sauce.
- ☐ Sprinkle with salt and pepper. Grill until peaches are slightly charred, shrimp are just opaque in center, and bok choy halves are just tender, about 2 minutes per side for peaches and 3 minutes per side for shrimp and bok choy.
- ☐ Mound shrimp, bok choy, and peaches on platter.
- ☐ Drizzle with some sauce.
- ☐ Serve with remaining sauce.
- ☐ *Available in the Asian foods section of many supermarkets and at Asian markets.
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:4.17, Inflammation Score:-6, Nutrition Score:9.8465217818385%

Flavonoids

Cyanidin: 2.27mg, Cyanidin: 2.27mg, Cyanidin: 2.27mg, Cyanidin: 2.27mg Catechin: 3.17mg, Catechin: 3.17mg, Catechin: 3.17mg, Catechin: 3.17mg Epicatechin: 2.71mg, Epicatechin: 2.71mg, Epicatechin: 2.71mg, Epicatechin: 2.71mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 315.14kcal (15.76%), Fat: 12.97g (19.96%), Saturated Fat: 2.48g (15.49%), Carbohydrates: 38.23g (12.74%), Net Carbohydrates: 35.35g (12.85%), Sugar: 33.13g (36.81%), Cholesterol: 64.4mg (21.47%), Sodium: 677.65mg (29.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.65g (31.3%), Manganese: 0.49mg (24.61%), Vitamin B3: 4.83mg (24.15%), Phosphorus: 209.86mg (20.99%), Vitamin E: 2.94mg (19.59%), Copper: 0.38mg (18.76%), Magnesium: 71.15mg (17.79%), Potassium: 443.41mg (12.67%), Fiber: 2.88g (11.53%), Vitamin A: 511.14IU (10.22%), Zinc: 1.42mg (9.48%), Vitamin B6: 0.17mg (8.75%), Iron: 1.34mg (7.47%), Folate: 29.42µg (7.35%), Vitamin B1: 0.1mg (6.46%), Calcium: 61.37mg (6.14%), Vitamin B2: 0.09mg (5.59%), Vitamin B5: 0.53mg (5.32%), Vitamin C: 4.16mg (5.05%), Vitamin K: 2.63µg (2.51%), Selenium: 1.43µg (2.04%)