



WHATSheATE



Grilled Shrimp Skewers with Cilantro-Mint Chutney



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoons canola oil
- ☐ 2 tablespoons canola oil
- ☐ 2 tablespoons chile powder red such as ancho or new mexican
- ☐ 1 cup tightly cilantro leaves fresh packed
- ☐ 2 tablespoons garam marsala
- ☐ 1 tablespoons honey
- ☐ 2 juice of lemon

- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 lime zest
- ☐ 0.5 cup tightly mint leaves fresh packed
- ☐ 4 scallions chopped
- ☐ 1 pound shrimp dry shelled deveined
- ☐ 1 thai chile finely minced

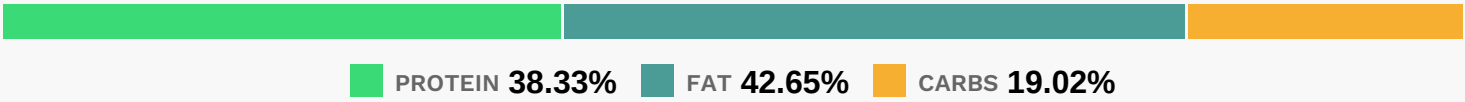
Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ skewers

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: 6-inch skewers, soaked in cold water for at least 1 hour
- ☐ Whisk together the chile powder, garam marsala, canola oil, lemon juice in a medium bowl and season with salt and pepper.
- ☐ Add the shrimp and toss to coat in the mixture.
- ☐ Let marinate for 15 minutes.
- ☐ Prepare a charcoal grill for direct grilling, high heat.
- ☐ Combine the cilantro, mint, scallions, chile, 1 tablespoon each honey and canola oil, lime zest, and some salt and pepper in a food processor. Process to make a smooth paste. Taste; add honey, if desired, or more oil to make a sauce that will cling to the shrimp.
- ☐ Thread 2 skewers through 3 shrimp so that the shrimp lay flat.
- ☐ Sprinkle with salt and pepper. Grill until golden brown and slightly charred on both sides and just cooked through, about 1 1/2 minutes per side.
- ☐ Remove the shrimp to a platter and serve with the cilantro-mint chutney.

Nutrition Facts



Properties

Glycemic Index:45.07, Glycemic Load:2.87, Inflammation Score:-8, Nutrition Score:12.87565208518%

Flavonoids

Eriodictyol: 2.47mg, Eriodictyol: 2.47mg, Eriodictyol: 2.47mg, Eriodictyol: 2.47mg Hesperetin: 9.94mg, Hesperetin: 9.94mg, Hesperetin: 9.94mg, Hesperetin: 9.94mg Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

Nutrients (% of daily need)

Calories: 243.62kcal (12.18%), Fat: 12.12g (18.65%), Saturated Fat: 1.02g (6.35%), Carbohydrates: 12.16g (4.05%), Net Carbohydrates: 8.88g (3.23%), Sugar: 5.61g (6.24%), Cholesterol: 182.57mg (60.86%), Sodium: 208.46mg (9.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.51g (49.02%), Vitamin K: 49.33µg (46.98%), Vitamin A: 1833.17IU (36.66%), Phosphorus: 270.07mg (27.01%), Copper: 0.54mg (26.93%), Vitamin E: 3.59mg (23.96%), Vitamin C: 17.68mg (21.43%), Potassium: 502.48mg (14.36%), Magnesium: 55.96mg (13.99%), Fiber: 3.28g (13.11%), Zinc: 1.86mg (12.41%), Calcium: 118.08mg (11.81%), Manganese: 0.23mg (11.48%), Iron: 1.97mg (10.94%), Vitamin B6: 0.12mg (6.1%), Folate: 22.33µg (5.58%), Vitamin B2: 0.08mg (4.53%), Vitamin B3: 0.73mg (3.65%), Vitamin B1: 0.03mg (2.22%), Selenium: 1.06µg (1.51%), Vitamin B5: 0.15mg (1.48%)