



Grilled Shrimp with Asian Style



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



185 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons cilantro leaves fresh finely chopped
- ☐ 2 tablespoons ginger fresh finely grated
- ☐ 1.3 cups catsup
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 tablespoons soya sauce low-sodium
- ☐ 3 tablespoons olive oil
- ☐ 4 radishes very thinly sliced
- ☐ 6 servings salt and pepper black freshly ground

- ☐ 1 serrano chile diced finely
- ☐ 1 pound shrimp deveined peeled 21 to 24
- ☐ 1 teaspoon sugar

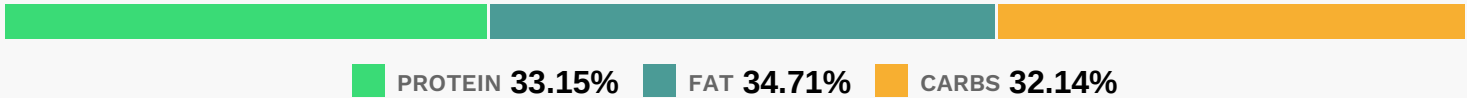
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ skewers

Directions

- ☐ Whisk together the ketchup, lime juice, soy sauce, shallot, radish, ginger, chile, sugar and cilantro in a medium bowl and season lightly with salt and pepper. Cover and refrigerate for at least 30 minutes before serving. Can be made 8 hours in advance and refrigerated, do not add the cilantro until ready to serve.
- ☐ Heat the grill to high.
- ☐ Toss the shrimp with the oil and season with salt and pepper.
- ☐ Place onto skewers and grill for 1 to 2 minutes per side until lightly golden brown and just cooked through.
- ☐ Serve sauce in a bowl, surrounded by the shrimp.

Nutrition Facts



Properties

Glycemic Index:30.18, Glycemic Load:0.55, Inflammation Score:-3, Nutrition Score:5.5326087241587%

Flavonoids

Pelargonidin: 1.68mg, Pelargonidin: 1.68mg, Pelargonidin: 1.68mg, Pelargonidin: 1.68mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg,

Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 184.89kcal (9.24%), Fat: 7.48g (11.5%), Saturated Fat: 1.06g (6.61%), Carbohydrates: 15.58g (5.19%), Net Carbohydrates: 15.23g (5.54%), Sugar: 11.54g (12.83%), Cholesterol: 121.71mg (40.57%), Sodium: 641.26mg (27.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.07g (32.14%), Phosphorus: 181.89mg (18.19%), Copper: 0.35mg (17.52%), Vitamin E: 1.78mg (11.86%), Potassium: 376.72mg (10.76%), Magnesium: 36.91mg (9.23%), Zinc: 1.14mg (7.62%), Vitamin K: 6.68µg (6.36%), Calcium: 59.19mg (5.92%), Vitamin A: 282.6IU (5.65%), Vitamin C: 4.56mg (5.53%), Vitamin B2: 0.09mg (5.5%), Manganese: 0.11mg (5.47%), Vitamin B6: 0.1mg (4.82%), Vitamin B3: 0.8mg (3.98%), Iron: 0.69mg (3.85%), Folate: 7.47µg (1.87%), Fiber: 0.35g (1.38%)