



Grilled Shrimp with Chile, Cilantro, and Lime



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 to 5 chilies red stemmed (such as Holland or Anaheim)
- ☐ 30 cilantro leaves chopped
- ☐ 6 tablespoons fish sauce divided (such as nuoc nam or nam pla)
- ☐ 8 garlic clove
- ☐ 16 jumbo shrimp unpeeled
- ☐ 2 tablespoons brown sugar light packed ()
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 teaspoons turmeric

☐ 4 tablespoons vegetable oil divided plus more for grill

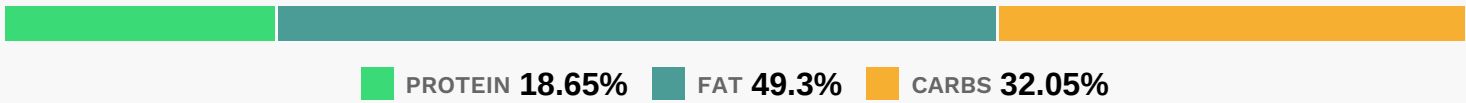
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender
- ☐ grill

Directions

- ☐ Combine shrimp, 2 tablespoons fish sauce,2 tablespoons oil, and turmeric in a large bowl;toss to coat.
- ☐ Let stand for 30 minutes.
- ☐ Purée 4 tablespoons fish sauce, 2 tablespoonsoil, cilantro, and remaining ingredientsin a blender or food processor untila coarse mixture forms; transfer dippingsauce to a small bowl and set aside.
- ☐ Build a medium-hot fire in a charcoalgrill, or heat a gas grill to high. Oil grillgrates. Shake excess liquid from shrimpand place shrimp on grill. Cook, turningoccasionally, until shrimp are charredand cooked through, 5–6 minutes.
- ☐ Serve immediately with sauce.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:4.32, Inflammation Score:-10, Nutrition Score:20.776521589445%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 251.19kcal (12.56%), Fat: 14.52g (22.34%), Saturated Fat: 2.2g (13.77%), Carbohydrates: 21.24g (7.08%), Net Carbohydrates: 18.73g (6.81%), Sugar: 13.24g (14.72%), Cholesterol: 64.4mg (21.47%), Sodium: 2187.51mg (95.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.36g (24.72%), Vitamin C: 172.52mg (209.11%), Vitamin K: 87.59µg (83.42%), Vitamin A: 2094.54IU (41.89%), Vitamin B6: 0.8mg (39.96%), Manganese: 0.54mg (26.78%), Magnesium: 96.21mg (24.05%), Potassium: 698.75mg (19.96%), Copper: 0.38mg (18.98%), Phosphorus: 157.28mg (15.73%), Vitamin E: 2.33mg (15.55%), Iron: 2.42mg (13.43%), Folate: 51.09µg (12.77%), Vitamin B3: 2.31mg (11.56%), Fiber: 2.51g (10.02%), Vitamin B2: 0.15mg (8.68%), Calcium: 82.8mg (8.28%), Vitamin B1: 0.11mg (7.44%), Zinc: 1.08mg (7.23%), Selenium: 4.14µg (5.91%), Vitamin B5: 0.41mg (4.06%), Vitamin B12: 0.13µg (2.16%)