



Grilled Shrimp with Garlic-Red Chile-Thyme Marinade

 Gluten Free  Dairy Free  Low Fod Map

READY IN



85 min.

SERVINGS



8

CALORIES



157 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 ancho chiles
- 1 new mexican chile red
- 3 tablespoons thyme leaves fresh chopped
- 1 head garlic separated peeled coarsely chopped
- 0.5 cup olive oil plus more for brushing on shrimp
- 1 pasilla chile
- 2 pounds prawns

8 servings salt and pepper freshly ground

Equipment

bowl

blender

grill

Directions

Watch how to make this recipe.

Place chiles in a large bowl, cover with boiling water, and let stand for 1 hour to soften.

Remove chiles from the water, coarsely chop, and place in the jar of a blender.

Add the garlic, thyme, and oil and blend until smooth. Season, to taste, with salt and pepper.

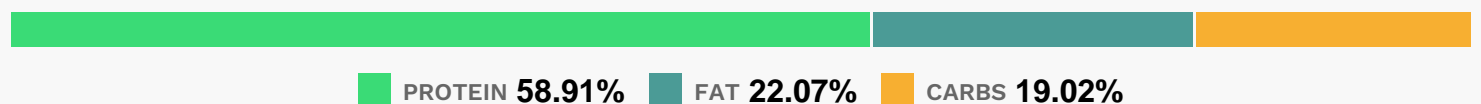
Place the shrimp in a large bowl, pour the marinade over, and let marinate at room temperature for 20 minutes.

Preheat a grill to high.

Remove the prawns from the marinade and grill for 1 1/2 to 2 minutes per side, with the cover closed.

Serve on brown paper bags, if desired.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.31, Inflammation Score:-10, Nutrition Score:10.925652221493%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg

Nutrients (% of daily need)

Calories: 156.87kcal (7.84%), Fat: 4.01g (6.17%), Saturated Fat: 0.58g (3.61%), Carbohydrates: 7.78g (2.59%), Net Carbohydrates: 4.54g (1.65%), Sugar: 3.89g (4.33%), Cholesterol: 182.57mg (60.86%), Sodium: 338.62mg (14.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.09g (48.17%), Vitamin A: 2809.06IU (56.18%), Phosphorus:

264.25mg (26.43%), Copper: 0.49mg (24.47%), Vitamin C: 15.09mg (18.29%), Potassium: 517.88mg (14.8%), Magnesium: 54.35mg (13.59%), Fiber: 3.24g (12.96%), Manganese: 0.25mg (12.72%), Vitamin K: 12.06µg (11.48%), Zinc: 1.69mg (11.24%), Iron: 1.75mg (9.73%), Calcium: 89.72mg (8.97%), Vitamin B2: 0.15mg (8.88%), Vitamin B6: 0.15mg (7.3%), Vitamin E: 0.71mg (4.76%), Vitamin B3: 0.94mg (4.71%), Folate: 8.46µg (2.11%), Vitamin B5: 0.12mg (1.2%)