



Grilled Shrimp with Mango and Red Onion Relish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



167 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons cider vinegar
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 1 teaspoon lime rind grated
- ☐ 3 cups mangos diced peeled
- ☐ 1 teaspoon oregano dried

- ☐ 1 medium onion red cut into 1/4-inch-thick slices
- ☐ 2.3 teaspoons salt divided
- ☐ 2 serrano chiles minced
- ☐ 4 pounds shrimp deveined peeled
- ☐ 2 teaspoons sugar
- ☐ 2 cups tomatoes seeded chopped

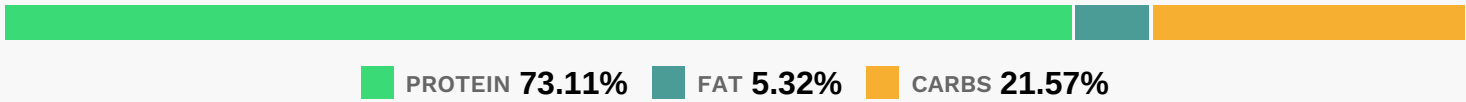
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ Prepare grill.
- ☐ Lightly coat onion slices with cooking spray.
- ☐ Place onion on grill rack coated with cooking spray; grill 4 minutes on each side. Cool and chop.
- ☐ Combine onion, mango, 1 teaspoon salt, and next 6 ingredients (through chiles) in a large bowl.
- ☐ Combine oregano, remaining 1 1/4 teaspoons salt, pepper, shrimp, and garlic in a large bowl, and toss well. Thread shrimp onto skewers.
- ☐ Place skewers on grill rack coated with cooking spray; grill for 2 minutes on each side or until done.

Nutrition Facts



Properties

Glycemic Index:29.82, Glycemic Load:3.86, Inflammation Score:-6, Nutrition Score:9.0726086056751%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

Nutrients (% of daily need)

Calories: 166.63kcal (8.33%), Fat: 1.01g (1.55%), Saturated Fat: 0.21g (1.29%), Carbohydrates: 9.19g (3.06%), Net Carbohydrates: 7.92g (2.88%), Sugar: 7.43g (8.25%), Cholesterol: 243.43mg (81.14%), Sodium: 618.59mg (26.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.14g (62.29%), Phosphorus: 340.26mg (34.03%), Copper: 0.66mg (33.1%), Vitamin C: 19.95mg (24.18%), Potassium: 553.82mg (15.82%), Magnesium: 61.88mg (15.47%), Zinc: 2.14mg (14.28%), Vitamin A: 695.94IU (13.92%), Calcium: 111.01mg (11.1%), Manganese: 0.15mg (7.67%), Vitamin K: 6.34µg (6.04%), Folate: 24.15µg (6.04%), Iron: 1.04mg (5.8%), Fiber: 1.27g (5.06%), Vitamin B6: 0.1mg (4.84%), Vitamin E: 0.56mg (3.71%), Vitamin B3: 0.47mg (2.34%), Vitamin B1: 0.03mg (1.85%), Vitamin B2: 0.03mg (1.55%), Vitamin B5: 0.13mg (1.26%)