



Grilled Shrimp with Mango, Lime and Radish Salsa



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



158 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon chili powder
- ☐ 0.5 bunch cilantro leaves fresh chopped
- ☐ 1 juice of lemon juiced
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 2 limes
- ☐ 2 mangoes diced
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 4 to 5 radishes diced red
- ☐ 1 onion diced red
- ☐ 12 large shrimp

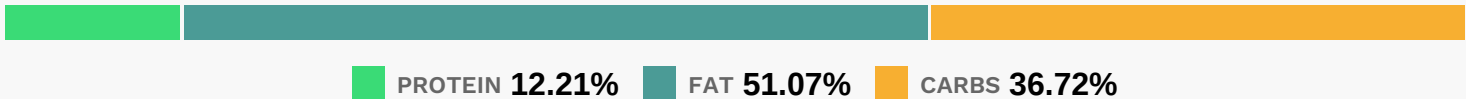
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large bowl, toss the prawns with the olive oil, lemon juice, salt, and pepper.
- ☐ Let marinate for about a half hour while you heat up the grill. Grill prawns on each side until they turn pink, about 5 minutes depending on size.
- ☐ Remove the peel and pith from the limes and cut between the membranes to remove the segments.
- ☐ Put these "supremes" into a bowl and squeeze over the juice from the membranes.
- ☐ Add the remaining ingredients and mix; season with salt and pepper.
- ☐ Place warm grilled prawns on a platter and top with salsa.

Nutrition Facts



Properties

Glycemic Index:34.46, Glycemic Load:5.74, Inflammation Score:-7, Nutrition Score:7.858695683272%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 1.7mg, Pelargonidin: 1.7mg, Pelargonidin: 1.7mg, Pelargonidin: 1.7mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 10.33mg, Hesperetin: 10.33mg, Hesperetin: 10.33mg, Hesperetin: 10.33mg Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

Nutrients (% of daily need)

Calories: 157.68kcal (7.88%), Fat: 9.64g (14.83%), Saturated Fat: 1.38g (8.6%), Carbohydrates: 15.59g (5.2%), Net Carbohydrates: 12.99g (4.72%), Sugar: 10.89g (12.1%), Cholesterol: 32.2mg (10.73%), Sodium: 49.13mg (2.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.18g (10.37%), Vitamin C: 35.49mg (43.02%), Vitamin A: 1199.47IU (23.99%), Vitamin E: 2.5mg (16.69%), Vitamin K: 12.2µg (11.62%), Fiber: 2.61g (10.43%), Copper: 0.19mg (9.74%), Folate: 37.41µg (9.35%), Potassium: 260.52mg (7.44%), Vitamin B6: 0.15mg (7.36%), Phosphorus: 67.21mg (6.72%), Manganese: 0.12mg (5.81%), Magnesium: 19.97mg (4.99%), Iron: 0.7mg (3.9%), Calcium: 38.32mg (3.83%), Vitamin B3: 0.7mg (3.51%), Zinc: 0.46mg (3.05%), Vitamin B2: 0.05mg (3.01%), Vitamin B1: 0.04mg (2.66%), Vitamin B5: 0.23mg (2.35%), Selenium: 0.9µg (1.28%)