



Grilled Shrimp with Mango Salsa



Gluten Free



Dairy Free

READY IN



22 min.

SERVINGS



8

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce coconut or shredded
- ☐ 1 tablespoon cilantro leaves fresh finely chopped
- ☐ 8 ounce tropical fruit cups drained 1 cup
- ☐ 1 small jalapeño minced seeded
- ☐ 0.5 juice of lime juiced
- ☐ 8 servings kosher salt
- ☐ 1 scallion finely chopped
- ☐ 24 large shrimp deveined peeled

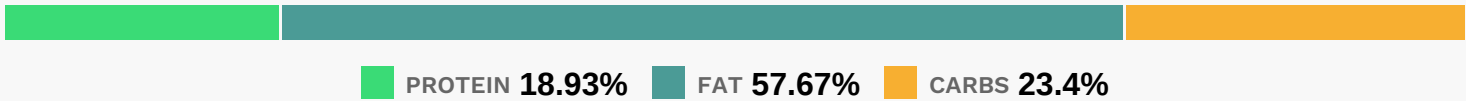
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ skewers
- ☐ grill pan
- ☐ wooden skewers

Directions

- ☐ Wooden skewers, soaked in water for 30 minutes
- ☐ Preheat oven to 350 degrees F.
- ☐ For the mango salsa: Chop drained fruit into small pieces.
- ☐ Combine the fruit and remaining salsa ingredients in a bowl and refrigerate until chilled.
- ☐ Place coconut on baking sheet.
- ☐ Bake for 6 to 8 minutes, or until coconut turns light brown. Set aside
- ☐ Spear 3 shrimp on each bamboo skewer.
- ☐ Heat a ridged grill pan over medium-high heat and spray with cooking spray.
- ☐ Place shrimp skewers on grill pan. Cook shrimp for 2 minutes per side or until shrimp turns pink.
- ☐ Place shredded coconut on serving plate.
- ☐ Remove shrimp from skewers and place on top of coconut.
- ☐ Place salsa in a decorative bowl and serve with shrimp skewers immediately.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:0.22, Inflammation Score:-2, Nutrition Score:4.7543477675189%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 143.48kcal (7.17%), Fat: 9.69g (14.91%), Saturated Fat: 8.46g (52.84%), Carbohydrates: 8.85g (2.95%), Net Carbohydrates: 5.74g (2.09%), Sugar: 5.09g (5.66%), Cholesterol: 48.3mg (16.1%), Sodium: 236.93mg (10.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.16g (14.31%), Manganese: 0.45mg (22.4%), Copper: 0.26mg (13.24%), Fiber: 3.1g (12.41%), Phosphorus: 100.93mg (10.09%), Potassium: 216.33mg (6.18%), Vitamin C: 4.49mg (5.45%), Magnesium: 21.72mg (5.43%), Iron: 0.96mg (5.35%), Zinc: 0.75mg (5%), Vitamin K: 4.96µg (4.72%), Selenium: 2.88µg (4.12%), Calcium: 26.29mg (2.63%), Vitamin A: 123.75IU (2.47%), Folate: 9.59µg (2.4%), Vitamin B1: 0.02mg (1.61%), Vitamin B3: 0.3mg (1.49%), Vitamin B6: 0.03mg (1.44%), Vitamin B5: 0.11mg (1.06%)