



Grilled Shrimp with Papaya Mustard



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings cayenne pepper
- ☐ 0.3 cup dijon mustard
- ☐ 2 tablespoons olive oil extra virgin as needed plus more
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.5 cup honey as needed plus more
- ☐ 2 tablespoons juice of lime fresh to taste
- ☐ 4 servings lime wedges for serving
- ☐ 2 tablespoons ground mustard

- ☐ 1.5 pounds papaya peeled seeded cut into 1/2-inch chunks
- ☐ 4 servings salt
- ☐ 24 large shrimp deveined peeled
- ☐ 2 tablespoons plum wine vinegar

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ broiler
- ☐ spatula

Directions

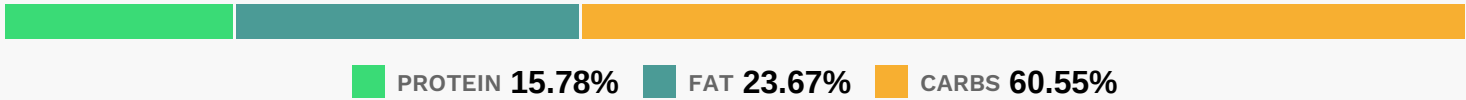
- ☐ Start a charcoal or gas grill or broiler; make sure the fire is very hot, and adjust the rack so that it is as close to the heat source as possible.
- ☐ Meanwhile, make the papaya mustard.
- ☐ Whisk together the mustards and vinegar in a small bowl until the mustard powder is dissolved; let sit while you proceed.
- ☐ Put the honey in a small heavy saucepan over medium-high heat. Cook, stirring constantly with a rubber spatula, until the honey bubbles, thickens, and darkens slightly, about 7 minutes.
- ☐ Turn the heat to medium and add the papaya. Cook, stirring occasionally, until the papaya water evaporates and the mixture becomes mushy, about 15 minutes.
- ☐ Remove from the heat and immediately stir in the mustard mixture. Season to taste with salt and lime juice and set aside.
- ☐ Brush the shrimp with the oil, then sprinkle with salt and cayenne. Grill for 2 or 3 minutes per side, turning once.
- ☐ Serve the shrimp, garnished with the cilantro, with the papaya mustard and lime wedges on the side.
- ☐ Taste

- ☐
- Book, using the USDA Nutrition Database

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From Asian Flavors of Jean-Georges by Jean-Georges Vongerichten Copyright (c) 2007 by Jean-Georges Vongerichten Published by Broadway Books. Jean-Georges Vongerichten became a culinary star when he first began cooking at Lafayette in New York City. He went on to establish the charming bistro JoJo in New York; introduced "fusion" cooking at Vong (three stars from the New York Times), which now has an outpost in Chicago; created the four-star Jean-Georges and hugely successful Spice Market and 66 in New York; opened Rama (Spice Market meets Vong) in London; and opened several acclaimed restaurants in cities from Shanghai to Las Vegas. He lives in New York City, when he is not traveling to oversee his existing restaurants or open a new one.

Nutrition Facts



Properties

Glycemic Index:72.26, Glycemic Load:27.57, Inflammation Score:-9, Nutrition Score:16.725652197133%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 352.14kcal (17.61%), Fat: 9.9g (15.23%), Saturated Fat: 1.34g (8.37%), Carbohydrates: 56.98g (18.99%), Net Carbohydrates: 52.29g (19.02%), Sugar: 48.91g (54.34%), Cholesterol: 96.6mg (32.2%), Sodium: 453.3mg (19.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.84g (29.69%), Vitamin C: 108.23mg (131.19%), Vitamin A: 2478IU (49.56%), Magnesium: 81.82mg (20.46%), Selenium: 14.16µg (20.23%), Phosphorus: 200.4mg (20.04%), Fiber: 4.68g (18.72%), Copper: 0.37mg (18.59%), Folate: 73.62µg (18.4%), Potassium: 590.57mg (16.87%), Manganese: 0.32mg (15.97%), Vitamin E: 2.37mg (15.8%), Vitamin K: 11.34µg (10.8%), Calcium: 99.22mg (9.92%), Iron: 1.7mg (9.45%), Zinc: 1.4mg (9.36%), Vitamin B6: 0.15mg (7.6%), Vitamin B1: 0.11mg (7.04%), Vitamin B2: 0.1mg (5.97%), Vitamin B3: 1.1mg (5.5%), Vitamin B5: 0.44mg (4.41%)