



Grilled Shrimp with Rémoulade



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



20

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 teaspoons capers drained coarsely chopped
- ☐ 1 leaf flat parsley fresh
- ☐ 2 teaspoons parsley fresh minced
- ☐ 2 dashes hot sauce
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.7 cup mayonnaise
- ☐ 2 tablespoons olive oil

- ☐ 0.5 teaspoon sea salt
- ☐ 1 tablespoon shallots minced
- ☐ 1.5 pounds shrimp deveined peeled (16–20 count)
- ☐ 0.1 teaspoon sugar
- ☐ 1 teaspoon tarragon vinegar
- ☐ 3 teaspoons coarse mustard

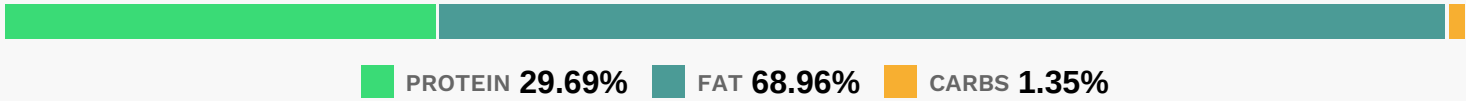
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Combine first 9 ingredients in a small bowl. Chill rmoulade until ready to serve.
- ☐ Combine lemon juice and sea salt; whisk in oil. Stir in shrimp.
- ☐ Let stand 10 minutes.
- ☐ Drain shrimp; discard marinade. Grill over medium-high heat (350 to 40
- ☐ minutes or until shrimp are just cooked through, turning once.
- ☐ Serve with rmoulade.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:16.4, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:2.0747826177141%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg,

Naringenin: 0.02mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 93.45kcal (4.67%), Fat: 7.19g (11.06%), Saturated Fat: 1.1g (6.9%), Carbohydrates: 0.32g (0.11%), Net Carbohydrates: 0.25g (0.09%), Sugar: 0.16g (0.17%), Cholesterol: 57.91mg (19.3%), Sodium: 160.23mg (6.97%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 6.97g (13.93%), Vitamin K: 14.08µg (13.41%), Phosphorus: 75.69mg (7.57%), Copper: 0.14mg (6.84%), Zinc: 0.48mg (3.17%), Magnesium: 12.66mg (3.16%), Vitamin E: 0.45mg (3.03%), Potassium: 96.27mg (2.75%), Calcium: 23.4mg (2.34%), Iron: 0.23mg (1.27%)