



Grilled Shrimp with Spicy Tamarind Dipping Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 1 tablespoon fish sauce
- ☐ 4 cloves garlic finely chopped
- ☐ 24 jumbo shrimp shelled deveined
- ☐ 1 tablespoons pepper red
- ☐ 1 tablespoon sugar
- ☐ 0.3 cup tamarind paste (found in Asian markets)

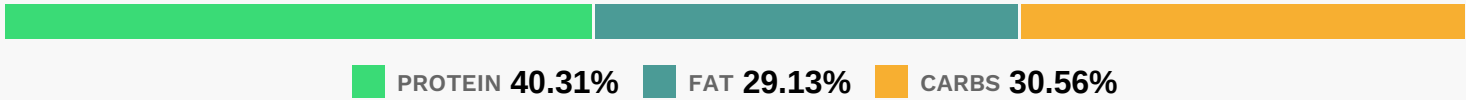
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Mix remaining ingredients in a bowl. Grill shrimp until cooked through, about 3 minutes per side.
- ☐ Serve with dipping sauce on the side.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:20.64, Glycemic Load:2.59, Inflammation Score:-3, Nutrition Score:2.5530434717303%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 61.55kcal (3.08%), Fat: 2.08g (3.2%), Saturated Fat: 0.2g (1.22%), Carbohydrates: 4.91g (1.64%), Net Carbohydrates: 4.34g (1.58%), Sugar: 3.12g (3.47%), Cholesterol: 48.3mg (16.1%), Sodium: 230.04mg (10%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.48g (12.96%), Phosphorus: 73.89mg (7.39%), Copper: 0.14mg (6.81%), Vitamin A: 298.03IU (5.96%), Magnesium: 19.75mg (4.94%), Vitamin E: 0.69mg (4.62%), Potassium: 134.77mg (3.85%), Zinc: 0.47mg (3.14%), Calcium: 28.97mg (2.9%), Manganese: 0.06mg (2.86%), Iron: 0.48mg (2.65%), Vitamin B6: 0.05mg (2.55%), Vitamin K: 2.44µg (2.32%), Fiber: 0.57g (2.28%), Vitamin B1: 0.02mg (1.45%), Vitamin B3: 0.25mg (1.26%), Vitamin B2: 0.02mg (1.08%)