



Grilled Shrimp with Tropical Fruit Salad

 Dairy Free  Very Healthy

READY IN



75 min.

SERVINGS



4

CALORIES



1048 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cashew pieces coarsely chopped
- ☐ 4 teaspoons coconut flakes flaked
- ☐ 1 teaspoon garlic clove finely chopped
- ☐ 1 tablespoon ginger grated
- ☐ 2 teaspoons honey
- ☐ 2 tablespoons walkerswood jamaican jerk seasoning dry ()
- ☐ 1 medium mangos ripe peeled cut into 3/4-inch cubes (1/2 cup)
- ☐ 0.3 cup olive oil

- ☐ 1 medium papaya peeled seeded cut into 3/4-inch cubes (1 1/2 cups)
- ☐ 0.1 teaspoon pepper
- ☐ 1 medium pineapple with rind and green top
- ☐ 0.1 teaspoon salt
- ☐ 1.5 lb shells with tail shells left on), deveined uncooked peeled
- ☐ 2 tablespoons soya sauce

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ knife
- ☐ grill
- ☐ wok

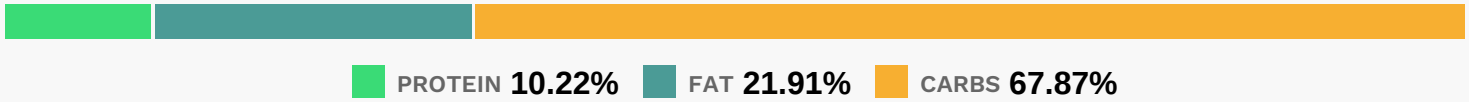
Directions

- ☐ In shallow glass or plastic dish or in resealable food-storage bag, combine marinade ingredients.
- ☐ Add shrimp; stir or shake to coat. Cover dish or seal bag; refrigerate for at least 1 hour, stirring occasionally.
- ☐ Meanwhile,
- ☐ Cut 1/2-inch slice off bottom of pineapple, cut into quarters lengthwise, cutting through green top. Using small sharp knife, remove fruit without piercing through rind, leaving 1/2-inch-thick shell. Turn shells upside down on paper towel-lined pan to drain. Trim cores from pineapple quarters; cut fruit into 3/4-inch cubes. In large bowl toss pineapple, papaya and mango.
- ☐ Heat gas or charcoal grill.
- ☐ Remove shrimp from marinade; reserve marinade.
- ☐ Place shrimp in grill basket (grill wok).
- ☐ Place grill basket on grill over medium heat. Cover grill; cook 6 to 8 minutes, brushing several times with marinade and turning once, until shrimp are pink. Discard any remaining marinade.

- ☐
- On 4 individual serving plates, arrange pineapple shells. Top with mixed fruit and shrimp.

☐

Nutrition Facts



Properties

Glycemic Index:95.16, Glycemic Load:76.47, Inflammation Score:-10, Nutrition Score:36.782608695652%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 1048.22kcal (52.41%), Fat: 26.01g (40.02%), Saturated Fat: 4.39g (27.43%), Carbohydrates: 181.26g (60.42%), Net Carbohydrates: 168.57g (61.3%), Sugar: 43.76g (48.62%), Cholesterol: 0mg (0%), Sodium: 662.28mg (28.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.3g (54.61%), Vitamin C: 173.69mg (210.53%), Manganese: 4.02mg (201.07%), Selenium: 111.32µg (159.03%), Copper: 1.08mg (53.88%), Vitamin A: 2599.57IU (51.99%), Fiber: 12.7g (50.79%), Magnesium: 173.56mg (43.39%), Phosphorus: 429.98mg (43%), Vitamin B6: 0.74mg (36.85%), Vitamin E: 5.13mg (34.18%), Folate: 126.86µg (31.71%), Potassium: 1020.03mg (29.14%), Vitamin B3: 5.57mg (27.87%), Vitamin B1: 0.42mg (27.72%), Iron: 4.76mg (26.46%), Zinc: 3.5mg (23.32%), Vitamin K: 23.84µg (22.7%), Vitamin B5: 1.62mg (16.2%), Vitamin B2: 0.27mg (16.14%), Calcium: 106.62mg (10.66%)