



# Grilled Tandoori Style Shrimp with Mint Chutney

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



148 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 teaspoon pepper black
- 0.5 teaspoon kosher salt
- 1.5 lb shrimp
- 1 teaspoon paprika sweet
- 1 teaspoon turmeric

## Equipment

- bowl

- grill
- grill pan

## Directions

- Prepare grill for cooking.
- Butterfly shrimp by making a deep lengthwise incision from top to bottom down center of back, without cutting all the way through, and devein. 3
- Combine turmeric, paprika, salt, and pepper in a large bowl.
- Add shrimp and toss to coat well.
- Grill shrimp, opened flat, on an oiled rack set 5 to 6 inches over glowing coals, turning once, until cooked through, about 2 minutes on each side. (Alternatively, grill shrimp in a hot well-seasoned ridged grill pan over moderate heat.) 3
- Serve immediately with chutney.

## Nutrition Facts

**PROTEIN 92.23%** **FAT 5.96%** **CARBS 1.81%**

## Properties

Glycemic Index:13, Glycemic Load:0.04, Inflammation Score:-10, Nutrition Score:6.4860869072702%

## Nutrients (% of daily need)

Calories: 148.08kcal (7.4%), Fat: 0.99g (1.52%), Saturated Fat: 0.2g (1.25%), Carbohydrates: 0.67g (0.22%), Net Carbohydrates: 0.36g (0.13%), Sugar: 0.07g (0.08%), Cholesterol: 273.86mg (91.29%), Sodium: 493.66mg (21.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.31g (68.62%), Phosphorus: 367.12mg (36.71%), Copper: 0.67mg (33.68%), Zinc: 2.32mg (15.5%), Magnesium: 61.61mg (15.4%), Potassium: 474.8mg (13.57%), Calcium: 111.66mg (11.17%), Iron: 1.21mg (6.73%), Manganese: 0.12mg (6%), Vitamin A: 246.95IU (4.94%), Fiber: 0.31g (1.25%), Vitamin E: 0.16mg (1.08%)