



Grilled Tandoori Style Shrimp with Mint Chutney



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



4 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 servings accompaniment: mint chutney
- ☐ 1 teaspoon paprika sweet
- ☐ 1 teaspoon turmeric

Equipment

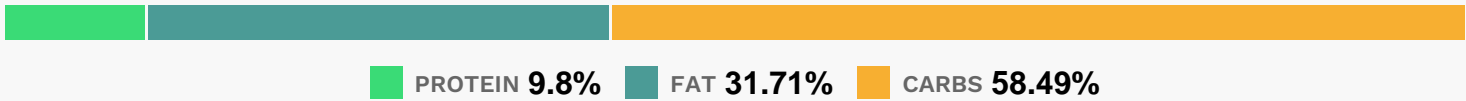
- ☐ bowl

- ☐ 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



Properties

Glycemic Index:13, Glycemic Load:0.04, Inflammation Score:-10, Nutrition Score:0.81086956385685%

Nutrients (% of daily need)

Calories: 4.38kcal (0.22%), Fat: 0.18g (0.27%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 0.73g (0.24%), Net Carbohydrates: 0.42g (0.15%), Sugar: 0.07g (0.08%), Cholesterol: 0mg (0%), Sodium: 306.53mg (13.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.25%), Vitamin A: 270.45IU (5.41%), Manganese: 0.06mg (3.19%), Iron: 0.33mg (1.82%), Fiber: 0.31g (1.25%), Vitamin E: 0.16mg (1.08%)