



Grilled Thai Chile Garlic Shrimp

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



4

CALORIES



305 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons bottled garlic fresh minced
- 2 tablespoons catsup
- 1 tablespoon brown sugar light
- 1 tablespoon juice of lime fresh for garnish (from 1 small lime)
- 0.3 cup olive oil
- 4 to 5 grinds pepper black
- 12 large shrimp wild raw deveined peeled cut in "fan" shape (similar to butterfly) (U-10 or)
- 1 scotch bonnet sliced thin

- 0.3 cup sesame oil toasted
- 0.3 cup soya sauce
- 1 teaspoon thai chili sauce to taste (recommended: Sriracha)

Equipment

- bowl
- whisk
- grill
- pastry brush

Directions

- Watch how to make this recipe.
- Heat a grill to medium-high heat.
- Put the shrimp into a glass bowl.
- Whisk the remaining ingredients in a medium bowl and pour 1/2 to 2/3 of it over the shrimp. (Reserve the remaining marinade to brush on the shrimp during grilling.) Allow the shrimp to marinate for only 8 to 10 minutes or the lime juice will begin to "cook" the shrimp. Grill the shrimp, approximately 2 to 3 minutes per side while brushing with the reserved marinade. I use a silicone brush.
- Remove the shrimp from the grill to a platter and serve garnished with lime wedges.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:1.02, Inflammation Score:-2, Nutrition Score:6.2182608564263%

Flavonoids

Hesperetin: 1.59mg, Hesperetin: 1.59mg, Hesperetin: 1.59mg, Hesperetin: 1.59mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg,

Myricetin: 0.13mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 305kcal (15.25%), Fat: 27.53g (42.36%), Saturated Fat: 3.86g (24.11%), Carbohydrates: 9.91g (3.3%), Net Carbohydrates: 9.21g (3.35%), Sugar: 5.1g (5.67%), Cholesterol: 37.8mg (12.6%), Sodium: 1067.26mg (46.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.34g (12.68%), Vitamin E: 2.69mg (17.96%), Manganese: 0.35mg (17.27%), Selenium: 10.23µg (14.62%), Vitamin K: 12.25µg (11.67%), Phosphorus: 108.84mg (10.88%), Vitamin B6: 0.19mg (9.6%), Vitamin C: 5.74mg (6.96%), Vitamin B3: 1.32mg (6.58%), Copper: 0.12mg (6.15%), Vitamin B12: 0.33µg (5.55%), Magnesium: 17.79mg (4.45%), Iron: 0.8mg (4.43%), Calcium: 42.46mg (4.25%), Potassium: 144.15mg (4.12%), Zinc: 0.47mg (3.16%), Vitamin B2: 0.05mg (3.02%), Fiber: 0.69g (2.78%), Folate: 9.99µg (2.5%), Vitamin A: 117.81IU (2.36%), Vitamin B1: 0.03mg (2.29%), Vitamin B5: 0.22mg (2.22%)