



Grilling Shrimp: Smart, Hot and Spicy



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



12

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon asian fish sauce
- ☐ 1 tablespoon canola oil (for oiling the grates)
- ☐ 1 tablespoon asian chili paste (such as sambal oelek)
- ☐ 0.5 cup brown sugar light packed ()
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 teaspoon lime zest

Equipment

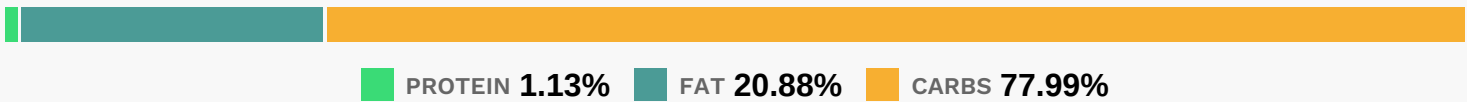
- ☐ sauce pan

- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Soak 12 wooden skewers in water for 30 minutes to prevent charring. Meanwhile, make the sauce: Bring sugar and lime juice to a simmer in a small saucepan. Cook, stirring, until sugar dissolves, about 2 minutes.
- ☐ Heat grill to high.
- ☐ Brush grates with oil. Thread 3 shrimp onto each skewer; season with salt. Divide sauce in half; reserve half for serving. Grill shrimp for 1 minute; brush with sauce. Flip, and grill for 1 minute more; brush with sauce again. Flip, and grill, brushing occasionally with sauce, until opaque, 1 to 3 minutes more.
- ☐ Serve with reserved sauce. Like this: Like Loading...

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.50478261223306%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 48.37kcal (2.42%), Fat: 1.17g (1.81%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 9.87g (3.29%), Net Carbohydrates: 9.84g (3.58%), Sugar: 9.15g (10.17%), Cholesterol: 0mg (0%), Sodium: 120.69mg (5.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.29%), Vitamin C: 1.78mg (2.16%), Vitamin E: 0.22mg (1.46%), Magnesium: 4.02mg (1.01%)