



# Juicy Shrimp with Roasted Chile and Avocado Sauce

 Gluten Free

READY IN



30 min.

SERVINGS



20

CALORIES



207 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 3 anaheim chili
- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons optional: dill fresh roughly chopped
- 1 large garlic clove
- 1 teaspoon sea salt
- 0.5 teaspoon ground cumin
- 1 medium haas avocados

- 0.5 teaspoon kosher salt
- 0.8 teaspoon kosher salt
- 0.3 cup mayonnaise
- 20 servings olive oil extra virgin extra-virgin
- 1 teaspoon paprika
- 2 pounds shrimp deveined peeled ()
- 0.3 cup cream sour

## Equipment

- food processor
- bowl
- blender
- plastic wrap
- grill
- skewers

## Directions

- Prepare the grill for direct cooking over medium heat.
- Brush the cooking grates clean. Grill the chile peppers over direct medium heat, with the lid closed as much as possible, until they are blackened and blistered in spots all over, 8 to 12 minutes, turning occasionally.
- Put the chiles in a bowl, cover with plastic wrap, and let steam for 10 minutes. When cool enough to handle, remove and discard the stem ends, skins, and seeds. Drop the chiles into a food processor or blender.
- Add the remaining sauce ingredients. Process to create a smooth dipping sauce. If the sauce seems too thick, add a little water. Spoon the sauce into a serving bowl.
- In a small bowl mix the rub ingredients.
- Lay 5 to 7 shrimp on a work surface and arrange them so that the shrimp on one end lays one way and all the rest lay in the same direction (see photo at left). Choose shrimp that are the same size so that you can nestle them together with no empty spaces between them. This will help to keep the shrimp from spinning and prevent them from drying out on the grill. Pick

up and skewer each shrimp through the middle, pushing the shrimp together on each skewer. Repeat the process with the remaining shrimp and skewers. Lightly brush or spray the skewers with oil and then season them evenly with the rub.

- Increase the temperature of the grill to high heat.
- Brush the cooking grates clean. Grill the shrimp over direct high heat, with the lid closed as much as possible, until slightly firm on the surface and opaque in the center, 2 to 4 minutes, turning once.
- Remove from the grill and serve warm with the dipping sauce.

## Nutrition Facts

**PROTEIN 17.99%** **FAT 78.55%** **CARBS 3.46%**

### Properties

Glycemic Index:9.6, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:3.9526087035951%

### Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

### Nutrients (% of daily need)

Calories: 206.67kcal (10.33%), Fat: 18.39g (28.29%), Saturated Fat: 2.81g (17.59%), Carbohydrates: 1.82g (0.61%), Net Carbohydrates: 0.81g (0.29%), Sugar: 0.48g (0.53%), Cholesterol: 75.9mg (25.3%), Sodium: 247.24mg (10.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.48g (18.95%), Vitamin E: 2.36mg (15.73%), Vitamin K: 15.27µg (14.55%), Phosphorus: 106.55mg (10.65%), Copper: 0.2mg (10.02%), Potassium: 179.01mg (5.11%), Magnesium: 19.69mg (4.92%), Zinc: 0.7mg (4.67%), Fiber: 1.01g (4.06%), Calcium: 34.87mg (3.49%), Vitamin C: 2.13mg (2.58%), Iron: 0.45mg (2.49%), Folate: 8.65µg (2.16%), Manganese: 0.04mg (2.05%), Vitamin A: 87.53IU (1.75%), Vitamin B6: 0.03mg (1.7%), Vitamin B5: 0.16mg (1.59%), Vitamin B2: 0.02mg (1.2%)