



Kauai Shrimp with Green Papaya Salad and Thai Sweet-and-Sour Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 boston lettuce leaves
- ☐ 2 teaspoons garlic minced
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 tablespoons olive oil
- ☐ 8 servings papaya salad green
- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt

- ☐ 8 large shrimp fresh unpeeled
- ☐ 8 servings thai sweet-and-sour sauce

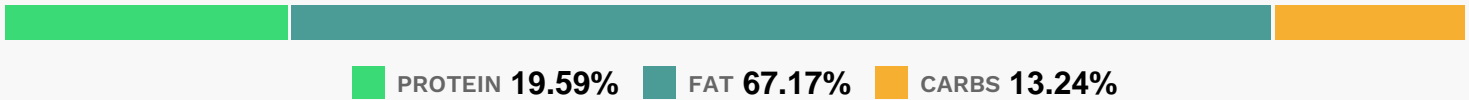
Equipment

- ☐ oven
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Toss together first 6 ingredients in an 11- x 7-inch baking dish. Cover and bake at 375 for 15 minutes or just until shrimp turn pink. Cool shrimp completely; peel and devein. Cover shrimp and chill.
- ☐ Place lettuce leaves on a serving platter. With a slotted spoon, divide Green Papaya Salad evenly among lettuce leaves. Top each with a shrimp.
- ☐ Serve with Thai Sweet-and-Sour Sauce.
- ☐ Chicago's Brian Duncan, wine director at downtown Chicago's BIN 36 Restaurant, Wine Bar, and Market and BIN 36 Lincolnshire, brings an innovative touch to the Windy City's dining scene. Brian's wish to demystify wine for the consumer results in the restaurant's creative, approachable list of 50 wines by the glass and almost 400 by the bottle. Working closely with California winemakers, Brian created BIN 36 Brian's Blends--a collection of 12 (and counting) wine blends--to pair with food or enjoy on their own. Here, Brian selects wines to accompany this Asian-inspired dish.
- ☐ "One of my favorite wines for complex dishes is the versatile Brander Cuve Natalie (\$1
- ☐ from the Santa Ynez Valley, on California's central coast. Within this skillful blend of four varietals, the Riesling answers the heat in the sweet-and-sour sauce, and the Sauvignon Blanc addresses the acid in the green papaya and fresh lime."

Nutrition Facts



Properties

Glycemic Index:15.09, Glycemic Load:0.13, Inflammation Score:-4, Nutrition Score:2.6747825955567%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 45.89kcal (2.29%), Fat: 3.6g (5.54%), Saturated Fat: 0.5g (3.13%), Carbohydrates: 1.6g (0.53%), Net Carbohydrates: 1.35g (0.49%), Sugar: 0.43g (0.48%), Cholesterol: 16.1mg (5.37%), Sodium: 164.31mg (7.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.72%), Vitamin K: 17.6µg (16.76%), Vitamin A: 511.7IU (10.23%), Vitamin C: 4.43mg (5.37%), Vitamin E: 0.56mg (3.71%), Folate: 12.87µg (3.22%), Phosphorus: 29.13mg (2.91%), Manganese: 0.05mg (2.57%), Copper: 0.05mg (2.39%), Potassium: 82.07mg (2.34%), Magnesium: 8.46mg (2.11%), Iron: 0.29mg (1.63%), Calcium: 15.27mg (1.53%), Vitamin B6: 0.03mg (1.49%), Zinc: 0.18mg (1.23%)