



Lemongrass and Garlic Shrimp



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons canola oil
- ☐ 2 tablespoons fish sauce
- ☐ 1 large garlic clove grated
- ☐ 1 lemongrass stalk fresh trimmed coarsely chopped
- ☐ 0.3 cup sugar
- ☐ 2 pounds tiger prawns deveined peeled

Equipment

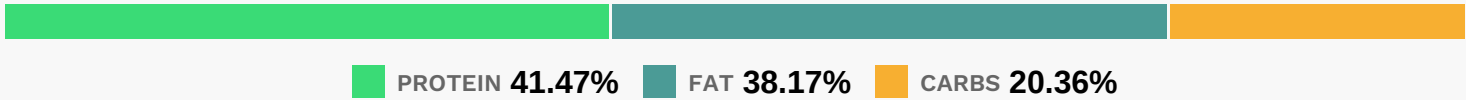
- ☐ food processor

- ☐ grill
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ Combine 1/4 cup sugar, canola oil, fish sauce, chopped lemongrass, and grated garlic in a food processor or mini chopper; process until the lemongrass is finely chopped.
- ☐ Transfer sugar mixture to a large zip-top plastic bag.
- ☐ Add shrimp; seal and marinate in refrigerator 45 minutes.
- ☐ Prepare grill to high heat.
- ☐ Remove shrimp from bag; discard marinade. Thread 6 shrimp onto each of 6 (12-inch) skewers.
- ☐ Place skewers on grill rack; grill 2 minutes on each side or until done.

Nutrition Facts



Properties

Glycemic Index:25.02, Glycemic Load:8.8, Inflammation Score:-5, Nutrition Score:17.345651851886%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 307.48kcal (15.37%), Fat: 12.84g (19.76%), Saturated Fat: 1.04g (6.48%), Carbohydrates: 15.41g (5.14%), Net Carbohydrates: 15.39g (5.6%), Sugar: 12.81g (14.23%), Cholesterol: 285.76mg (95.25%), Sodium: 1990.49mg (86.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.39g (62.79%), Selenium: 68.14µg (97.34%), Phosphorus: 556.42mg (55.64%), Vitamin B12: 2.56µg (42.68%), Vitamin E: 4.83mg (32.21%), Vitamin B3: 4.26mg (21.3%), Copper: 0.42mg (21.19%), Vitamin B6: 0.41mg (20.55%), Magnesium: 66.58mg (16.65%), Zinc: 2.26mg (15.04%), Calcium: 128.63mg (12.86%), Folate: 48.64µg (12.16%), Potassium: 294.49mg (8.41%), Manganese: 0.17mg (8.25%), Vitamin A: 409.46IU (8.19%), Vitamin K: 8.18µg (7.79%), Vitamin B5: 0.72mg (7.19%), Iron: 0.67mg (3.71%), Vitamin B1: 0.05mg (3.25%), Vitamin B2: 0.04mg (2.59%), Vitamin D: 0.23µg (1.51%)