



Mango-Chili-Glazed Grilled Shrimp

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

READY IN



45 min.

SERVINGS



8

CALORIES



115 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons bottled chili sauce sweet
- 1 tablespoon ginger fresh grated
- 0.3 cup mint leaves fresh loosely packed
- 2 garlic cloves minced
- 0.5 teaspoon kosher salt
- 4 tablespoons juice of lime fresh
- 1 teaspoon lime zest

- 1 large mangos cubed peeled
- 1 teaspoon olive oil
- 2 pounds shrimp raw deveined peeled
- 1 teaspoon pepper dried red crushed

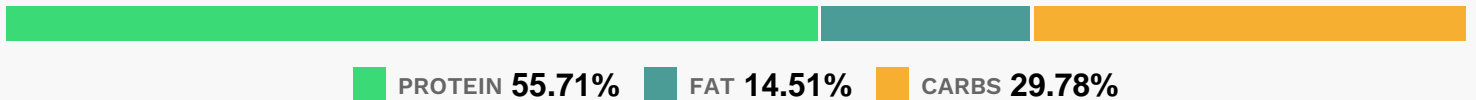
Equipment

- food processor
- grill

Directions

- Preheat grill to 350 to 400 (medium-high) heat. Process mango, mint leaves, lime zest, lime juice, chili sauce, ginger, garlic, dried crushed red pepper, olive oil, kosher salt, and black pepper in a food processor 15 seconds or until combined. Stir together shrimp and 1/2 cup mango mixture; let stand 5 minutes.
- Remove shrimp from marinade, discarding marinade. Grill shrimp, covered with grill lid, 2 to 3 minutes on each side or just until shrimp turn pink. Toss shrimp with 4 to 6 Tbsp. mango mixture.
- Serve with remaining mango mixture.

Nutrition Facts



Properties

Glycemic Index:20.09, Glycemic Load:1.91, Inflammation Score:-5, Nutrition Score:10.134782614915%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 0.92mg, Hesperetin: 0.92mg, Hesperetin: 0.92mg, Hesperetin: 0.92mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 114.98kcal (5.75%), Fat: 1.84g (2.83%), Saturated Fat: 0.24g (1.49%), Carbohydrates: 8.49g (2.83%), Net Carbohydrates: 7.75g (2.82%), Sugar: 5.75g (6.39%), Cholesterol: 142.88mg (47.63%), Sodium: 834.9mg (36.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.88g (31.75%), Selenium: 33.9µg (48.43%), Phosphorus: 284.83mg (28.48%), Vitamin B12: 1.26µg (20.98%), Vitamin C: 12.47mg (15.11%), Vitamin E: 1.92mg (12.79%), Copper: 0.25mg (12.52%), Vitamin A: 622.57IU (12.45%), Vitamin B6: 0.23mg (11.72%), Vitamin B3: 2.27mg (11.33%), Folate: 35.26µg (8.81%), Zinc: 1.17mg (7.8%), Magnesium: 30.43mg (7.61%), Calcium: 71.6mg (7.16%), Potassium: 201.85mg (5.77%), Manganese: 0.1mg (5.11%), Vitamin B5: 0.43mg (4.27%), Fiber: 0.74g (2.96%), Iron: 0.44mg (2.43%), Vitamin B1: 0.04mg (2.37%), Vitamin K: 2.26µg (2.15%), Vitamin B2: 0.04mg (2.09%)