



Marinated Grilled Shrimp (Tandoori Jhinga)

 Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



124 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cumin seeds
- ☐ 1 teaspoon cardamom (removed from pods)
- ☐ 0.5 teaspoon peppercorns black
- ☐ 2 bay leaves dried
- ☐ 2 cinnamon sticks
- ☐ 1 lb shrimp deveined uncooked peeled (tails left on)
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 2 tablespoons juice of lime (1 lime)

- ☐ 1 tablespoon cilantro leaves fresh finely chopped
- ☐ 2 medium cloves garlic finely chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon optional: dill (ajwain)

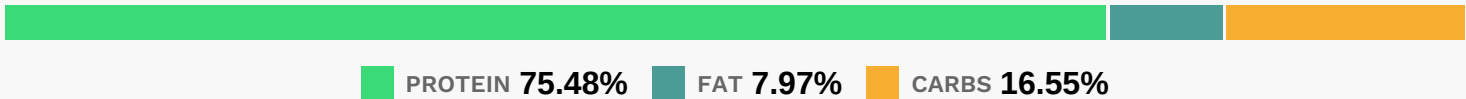
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ metal skewers

Directions

- ☐ Heat ungreased 6-inch skillet over medium-high heat.
- ☐ Place all garam masaala ingredients in skillet; roast 2 to 3 minutes, stirring constantly, until seeds crackle, spices turn one shade darker and the mixture has a nutty, sweet aroma.
- ☐ Transfer to a bowl; cool 3 to 5 minutes.
- ☐ Place roasted spice blend in spice grinder. Grind until mixture looks like the texture of finely ground pepper. Store in airtight jar at room temperature for up to 1 month; beyond that, it will start to lose its full flavor. Makes 1/4 cup spice blend; use 1 teaspoon for this recipe.
- ☐ In medium bowl, mix 1 teaspoon of the garam masaala and all remaining shrimp ingredients in medium bowl. Cover and refrigerate 30 to 60 minutes to blend flavors but no longer than 24 hours.
- ☐ Brush grill rack with vegetable oil.
- ☐ Heat coals or gas grill for direct heat. Thread 4 shrimp on each of four 10-inch bamboo or metal skewers, leaving space between each shrimp. Cover and grill over high heat 3 to 5 minutes, turning once, until shrimp are pink and firm.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:0.28, Inflammation Score:-1, Nutrition Score:7.6804346960524%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 124.02kcal (6.2%), Fat: 1.14g (1.76%), Saturated Fat: 0.18g (1.14%), Carbohydrates: 5.34g (1.78%), Net Carbohydrates: 3.84g (1.4%), Sugar: 1.41g (1.56%), Cholesterol: 182.88mg (60.96%), Sodium: 150.95mg (6.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.34g (48.68%), Manganese: 0.65mg (32.59%), Phosphorus: 283.04mg (28.3%), Copper: 0.49mg (24.26%), Calcium: 147.85mg (14.79%), Magnesium: 54.13mg (13.53%), Iron: 2.26mg (12.54%), Zinc: 1.87mg (12.44%), Potassium: 410.38mg (11.73%), Fiber: 1.5g (5.99%), Vitamin C: 3.25mg (3.94%), Vitamin B2: 0.05mg (2.84%), Vitamin B6: 0.04mg (2.24%), Vitamin K: 1.97µg (1.87%), Vitamin B1: 0.03mg (1.79%), Vitamin B12: 0.09µg (1.56%), Selenium: 0.96µg (1.37%), Vitamin B5: 0.13mg (1.31%), Vitamin A: 50.3IU (1.01%)