



WHATSheATE



Mexican-Grilled Shrimp with Smoky Sweet Sauce



Gluten Free



Dairy Free

READY IN



27 min.

SERVINGS



4

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chiles in adobo sauce
- ☐ 0.5 cup firmly brown sugar dark packed
- ☐ 1 chipotle pepper in adobo sauce canned minced
- ☐ 6 garlic cloves pressed
- ☐ 4 servings smoky sauce sweet
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons rum

- ☐ 0.3 teaspoon salt
- ☐ 2 pounds shrimp fresh unpeeled
- ☐ 1 tablespoon tamarind paste
- ☐ 2 tablespoons water
- ☐ 12 inch skewers
- ☐ 12 inch skewers

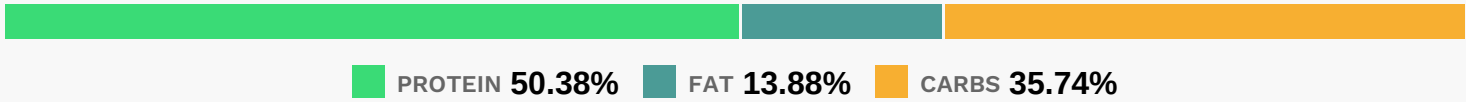
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ skewers

Directions

- ☐ Peel shrimp, leaving tails on; devein, if desired. Thread 4 shrimp onto each skewer. Set aside.
- ☐ Cook brown sugar in a small heavy saucepan over low heat until melted.
- ☐ Add garlic and next 6 ingredients. Cook 5 minutes or until tamarind paste melts.
- ☐ Remove from heat.
- ☐ Brush shrimp with olive oil. Grill, without grill lid, over medium-high heat (350 to 400 degrees F)
- ☐ for 4 to 6 minutes or until shrimp turn pink, turning once, and basting with tamarind glaze.
- ☐ Serve with Smoky Sweet Sauce.
- ☐ Note: Tamarind is a tree-growing fruit. Its long pods contain a sweet-and-sour pulp from which a paste is made. Look for tamarind paste in the Mexican or Asian section of your grocery store.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:1.91, Inflammation Score:-1, Nutrition Score:9.4430436187464%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 377.72kcal (18.89%), Fat: 5.64g (8.68%), Saturated Fat: 0.86g (5.36%), Carbohydrates: 32.71g (10.9%), Net Carbohydrates: 31.98g (11.63%), Sugar: 28.84g (32.05%), Cholesterol: 365.14mg (121.71%), Sodium: 1209.21mg (52.57%), Alcohol: 2.51g (100%), Alcohol %: 1.09% (100%), Protein: 46.12g (92.23%), Phosphorus: 499.86mg (49.99%), Copper: 0.92mg (46.04%), Magnesium: 87.77mg (21.94%), Zinc: 3.12mg (20.79%), Potassium: 687.11mg (19.63%), Calcium: 184.96mg (18.5%), Iron: 1.82mg (10.12%), Manganese: 0.17mg (8.47%), Vitamin E: 0.63mg (4.22%), Vitamin B6: 0.07mg (3.49%), Fiber: 0.73g (2.93%), Vitamin K: 2.64µg (2.52%), Vitamin C: 1.8mg (2.19%), Vitamin B1: 0.03mg (1.89%), Selenium: 1.16µg (1.65%)