



Peel and Eat BBQ Shrimp

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

READY IN



34 min.

SERVINGS



4

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons ancho chili powder
- 3 tablespoons canola oil
- 6 cloves garlic fresh coarsely chopped
- 0.5 cup green onion divided thinly sliced
- 2 teaspoons ground cumin
- 1 teaspoon ground pepper black
- 2 teaspoons kosher salt
- 2 tablespoons brown sugar light

- 2 pounds shrimp (21 to 24 count)
- 0.3 cup paprika smoked sweet

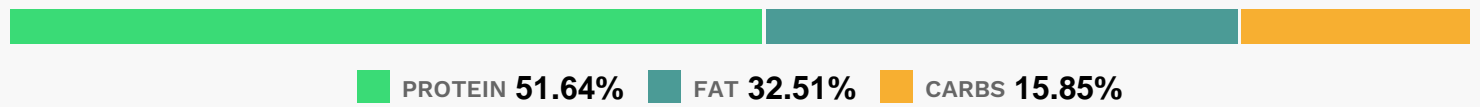
Equipment

- bowl
- frying pan
- paper towels
- whisk
- grill
- skewers
- grill pan

Directions

- Watch how to make this recipe.
- Whisk together the paprika, ancho powder, brown sugar, cumin, garlic, canola oil, salt and pepper in a small bowl.
- Place the shrimp in a large bowl, add the spice rub and stir well to coat each shrimp.
- Heat your grill to high.
- Skewer 1/2 the shrimp and place on a grill pan to cook until just cooked through, 3 to 4 minutes. Stir in half of the green onions and transfer to a large platter or turnout onto brown paper bags. Wipe out the pan with paper towels, and repeat with the remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.88, Inflammation Score:-10, Nutrition Score:21.066956343858%

Flavonoids

Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin:

1.41mg

Nutrients (% of daily need)

Calories: 354.42kcal (17.72%), Fat: 13.38g (20.59%), Saturated Fat: 1.28g (7.97%), Carbohydrates: 14.69g (4.9%), Net Carbohydrates: 10.29g (3.74%), Sugar: 7.17g (7.96%), Cholesterol: 365.14mg (121.71%), Sodium: 1509.04mg (65.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.83g (95.66%), Vitamin A: 4651.11IU (93.02%), Phosphorus: 536.07mg (53.61%), Copper: 1.02mg (50.89%), Vitamin K: 43.96µg (41.87%), Vitamin E: 5.44mg (36.25%), Magnesium: 106.06mg (26.52%), Potassium: 915.93mg (26.17%), Zinc: 3.66mg (24.42%), Iron: 4.32mg (24.02%), Manganese: 0.45mg (22.47%), Calcium: 208.18mg (20.82%), Fiber: 4.4g (17.59%), Vitamin B6: 0.3mg (15%), Vitamin B2: 0.14mg (8.22%), Vitamin B3: 1.3mg (6.49%), Vitamin C: 3.92mg (4.75%), Vitamin B1: 0.05mg (3.66%), Folate: 12.81µg (3.2%), Selenium: 2.11µg (3.01%), Vitamin B5: 0.26mg (2.56%)