



Peppery Grilled Shrimp (Tom Nuong Toi Xa Ot)

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

READY IN



40 min.

SERVINGS



4

CALORIES



226 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon pepper black freshly ground
- 0.5 teaspoon asian chili sauce red such as sriracha
- 3 tablespoons fish sauce
- 0.3 cup mint leaves fresh loosely packed sliced into thin slivers
- 10 large cloves garlic minced
- 0.3 cup green onions finely chopped
- 2 tablespoons lemon grass fresh finely chopped
- 2 tablespoons juice of lime fresh

- 3 tablespoons olive oil
- 1 pound shrimp deveined peeled (leave tails intact)
- 2 teaspoons sugar
- 6 wooden skewers
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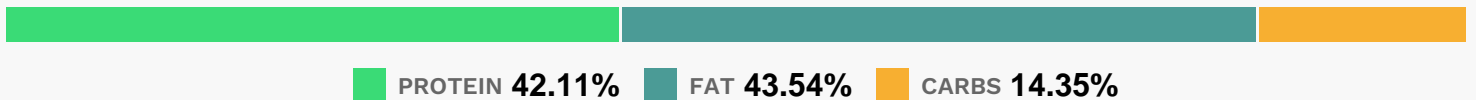
Equipment

- bowl
- whisk
- grill
- skewers

Directions

- In a medium bowl, whisk together lemon grass, garlic, chili sauce, fish sauce, sugar, olive oil, lime juice, pepper, and green onions.
- Add shrimp and toss to coat.
- Let marinate 15 minutes at room temperature or up to 1 hour in the refrigerator.
- Prepare a gas or charcoal grill for high heat (you can hold your hand 1 to 2 in. above grill level only 2 to 3 seconds).
- Brush grill with vegetable oil. Thread shrimp onto skewers and grill until curled, pink, and opaque, 2 to 3 minutes per side.
- Remove skewers and garnish with mint.

Nutrition Facts



Properties

Glycemic Index:41.02, Glycemic Load:2.37, Inflammation Score:-4, Nutrition Score:9.531739105349%

Flavonoids

Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 226.12kcal (11.31%), Fat: 11.24g (17.29%), Saturated Fat: 1.61g (10.04%), Carbohydrates: 8.33g (2.78%), Net Carbohydrates: 7.29g (2.65%), Sugar: 2.93g (3.25%), Cholesterol: 182.57mg (60.86%), Sodium: 1207.34mg (52.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.46g (48.91%), Manganese: 0.57mg (28.59%), Phosphorus: 266.41mg (26.64%), Copper: 0.52mg (25.98%), Vitamin K: 21.92µg (20.88%), Magnesium: 74.18mg (18.54%), Potassium: 456.16mg (13.03%), Zinc: 1.78mg (11.87%), Calcium: 115.14mg (11.51%), Vitamin E: 1.6mg (10.64%), Vitamin C: 7.19mg (8.72%), Iron: 1.53mg (8.48%), Vitamin B6: 0.17mg (8.27%), Vitamin A: 240.26IU (4.81%), Folate: 18.32µg (4.58%), Fiber: 1.04g (4.18%), Selenium: 2.45µg (3.5%), Vitamin B3: 0.53mg (2.63%), Vitamin B2: 0.04mg (2.29%), Vitamin B1: 0.03mg (1.92%), Vitamin B5: 0.11mg (1.09%), Vitamin B12: 0.06µg (1.08%)