



Sake Shrimp Skewers with Citrus-Sake Dipping Sauce

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



140 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon cilantro leaves chopped
- 1 teaspoon cornstarch
- 1 teaspoon ginger fresh minced grated
- 1 tablespoon soya sauce light
- 0.3 cup orange juice
- 1 pound shrimp raw deveined peeled ()
- 6 tablespoons sake cooking wine holland house®

- 2 teaspoons sesame oil toasted
- 1 tablespoon sesame seed toasted

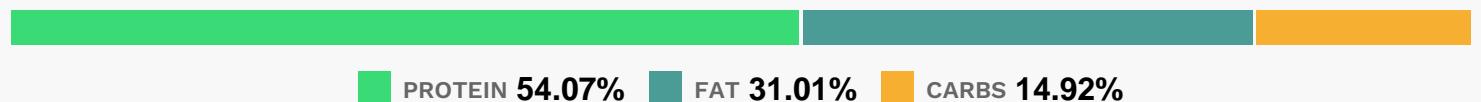
Equipment

- bowl
- sauce pan
- grill
- spatula
- skewers

Directions

- Combine shrimp, 2 tablespoons sake cooking wine and sesame oil in a bowl.
- Let stand 20 minutes. Preheat grill. Thread 5–6 shrimp on each skewer (reserve marinade). Grill shrimp about 2 minutes per side, turning with a spatula to release from grill.
- Stir reserved marinade, remaining 4 tablespoons cooking wine, juice, soy sauce, ginger and cornstarch in a small saucepan. Simmer 1– 2 minutes until slightly thickened.
- Add sesame seeds and cilantro.
- Serve with shrimp.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:1.04, Inflammation Score:-4, Nutrition Score:9.8882608154546%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 140.33kcal (7.02%), Fat: 4.18g (6.43%), Saturated Fat: 0.56g (3.49%), Carbohydrates: 4.52g (1.51%), Net Carbohydrates: 4.2g (1.53%), Sugar: 1.57g (1.75%), Cholesterol: 142.88mg (47.63%), Sodium: 894.86mg (38.91%), Alcohol: 2.34g (100%), Alcohol %: 1.84% (100%), Protein: 16.4g (32.8%), Selenium: 34.37µg (49.1%), Phosphorus: 302.54mg (30.25%), Vitamin B12: 1.26µg (20.98%), Copper: 0.3mg (15.2%), Vitamin B3: 2.39mg (11.94%), Vitamin B6: 0.23mg (11.33%), Vitamin E: 1.54mg (10.27%), Magnesium: 38.2mg (9.55%), Vitamin C: 7.8mg (9.46%), Zinc: 1.31mg (8.76%), Calcium: 85.3mg (8.53%), Folate: 29.29µg (7.32%), Manganese: 0.14mg (6.82%), Potassium: 202.93mg (5.8%), Vitamin A: 242.04IU (4.84%), Iron: 0.76mg (4.21%), Vitamin B5: 0.41mg (4.09%), Vitamin B1: 0.06mg (3.76%), Vitamin B2: 0.04mg (2.29%), Fiber: 0.32g (1.28%)