



## Salt-Roasted Shrimp with Lemon-Honey Dipping Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



80 kcal

SIDE DISH

### Ingredients

- ☐ 1 garlic clove minced
- ☐ 2 tablespoons spring onion minced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 2 tablespoons honey
- ☐ 1.5 pounds shrimp unpeeled
- ☐ 0.3 cup juice of lemon fresh ( 4 lemons)
- ☐ 2 teaspoons lemon zest grated

- ☐ 1 teaspoon soy sauce low-sodium
- ☐ 4 pound rock salt

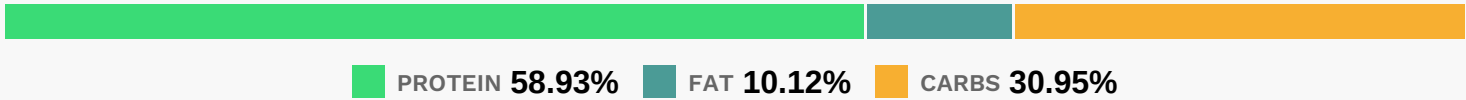
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 40
- ☐ Pour salt in an even layer in a shallow roasting pan or large cast-iron skillet.
- ☐ Place pan in oven at 400 for 30 minutes or until salt is very hot. Arrange shrimp in a single layer over salt. Cover with foil; bake at 400 for 5 minutes or until shrimp are done.
- ☐ Combine the rind and remaining ingredients; serve sauce with shrimp.

## Nutrition Facts



## Properties

Glycemic Index:18.28, Glycemic Load:2.32, Inflammation Score:-2, Nutrition Score:7.763478167679%

## Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## Nutrients (% of daily need)

Calories: 80.31kcal (4.02%), Fat: 0.9g (1.38%), Saturated Fat: 0.1g (0.65%), Carbohydrates: 6.17g (2.06%), Net Carbohydrates: 6.01g (2.19%), Sugar: 4.63g (5.15%), Cholesterol: 107.16mg (35.72%), Sodium: 88406.2mg (3843.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.75g (23.49%), Selenium: 25.52µg (36.46%), Phosphorus: 210.86mg (21.09%), Vitamin B12: 0.94µg (15.73%), Manganese: 0.27mg (13.44%), Copper: 0.23mg

(11.48%), Calcium: 103.94mg (10.39%), Vitamin B3: 1.55mg (7.75%), Vitamin E: 1.16mg (7.73%), Vitamin B6: 0.15mg (7.55%), Zinc: 1.09mg (7.24%), Vitamin C: 5.03mg (6.1%), Magnesium: 22.64mg (5.66%), Iron: 1mg (5.56%), Folate: 19.64µg (4.91%), Potassium: 136.72mg (3.91%), Vitamin A: 181.94IU (3.64%), Vitamin K: 3.39µg (3.23%), Vitamin B5: 0.29mg (2.87%), Vitamin B1: 0.02mg (1.45%), Vitamin B2: 0.02mg (1.18%)