



Sesame Shrimp with Cilantro-Lime Sauce

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



36

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 0.3 teaspoon ground pepper
- 2 tablespoons cilantro leaves finely chopped
- 0.3 teaspoon kosher salt
- 1 tablespoon juice of lime fresh
- 0.5 cup mayonnaise
- 2 spring onion light white green finely chopped (and parts only)
- 0.5 teaspoon sesame oil toasted

- 1 pound shrimp deveined uncooked peeled (36)
- 2 teaspoons soya sauce
- 2 tablespoons vegetable oil
- 6 tablespoons sesame seed white toasted

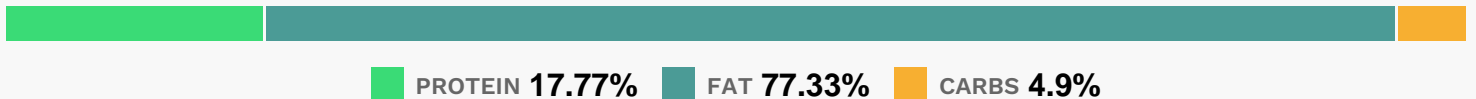
Equipment

- bowl
- baking sheet
- oven
- aluminum foil
- skewers

Directions

- Heat the oven to 400°F and arrange a rack in the middle. Line a baking sheet with foil; set aside.
- Place the sesame seeds on a plate; set aside.
- Combine the mayonnaise, cilantro, lime juice, soy sauce, sesame oil, cayenne pepper, and scallions in a medium bowl; set aside.
- Place the shrimp in a large bowl, add the vegetable oil, salt, and pepper, and toss to coat. Dip one side of each shrimp in the toasted sesame seeds, skewer, and place on the prepared baking sheet, seeds-side up.
- Bake until the shrimp are firm to the touch, about 5 to 7 minutes.
- Serve immediately with the dipping sauce.

Nutrition Facts



Properties

Glycemic Index:6.33, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:1.9204347729683%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 45.5kcal (2.27%), Fat: 3.93g (6.05%), Saturated Fat: 0.6g (3.72%), Carbohydrates: 0.56g (0.19%), Net Carbohydrates: 0.38g (0.14%), Sugar: 0.05g (0.06%), Cholesterol: 17.18mg (5.73%), Sodium: 126.12mg (5.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.07%), Vitamin K: 7.98µg (7.6%), Selenium: 4.27µg (6.1%), Phosphorus: 40.58mg (4.06%), Copper: 0.08mg (3.96%), Vitamin B12: 0.14µg (2.39%), Vitamin E: 0.34mg (2.29%), Calcium: 20.73mg (2.07%), Manganese: 0.04mg (2.04%), Magnesium: 7.82mg (1.96%), Vitamin B6: 0.03mg (1.63%), Zinc: 0.24mg (1.57%), Vitamin B3: 0.3mg (1.52%), Iron: 0.25mg (1.38%), Folate: 4.4µg (1.1%)