



Sesame Shrimp with Cucumber-Soy Salad



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cucumber english very thin sliced
- ☐ 2 green onions sliced
- ☐ 0.5 jalapeño chile red sliced
- ☐ 2 tablespoons rice vinegar
- ☐ 1 tablespoon asian sesame oil toasted ()
- ☐ 1 teaspoon sesame seed toasted
- ☐ 1 pound shrimp deveined peeled per lb.), and
- ☐ 1 tablespoon soya sauce

- ☐ 1 teaspoon sugar
- ☐ 1 cup sushi rice
- ☐ 1 tablespoon vegetable oil

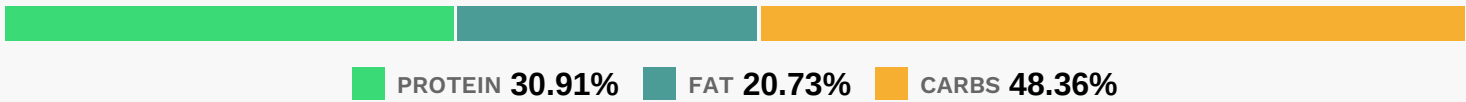
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ Cook rice according to package directions. Meanwhile, prepare a charcoal or gas grill for high heat (450 to 550; you can hold your hand 5 in. above cooking grate only 2 to 4 seconds). In a medium bowl, combine cucumber, vinegar, soy sauce, sugar, jalapeo, and onions. Set aside.
- ☐ In another medium bowl, combine oils with shrimp. Skewer shrimp lengthwise through the tail so they're straight. Grill, turning once, until cooked through and grill marks appear, about 4 minutes total.
- ☐ Sprinkle with sesame seeds and serve with rice and cucumber salad.

Nutrition Facts



Properties

Glycemic Index:82.52, Glycemic Load:31.18, Inflammation Score:-3, Nutrition Score:10.860869542412%

Flavonoids

Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 353.23kcal (17.66%), Fat: 8.09g (12.45%), Saturated Fat: 1.25g (7.79%), Carbohydrates: 42.46g (14.15%), Net Carbohydrates: 40.51g (14.73%), Sugar: 2.56g (2.85%), Cholesterol: 182.57mg (60.86%), Sodium: 392.39mg (17.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.13g (54.27%), Phosphorus: 305.8mg (30.58%), Vitamin K: 31.69µg (30.18%), Manganese: 0.6mg (29.96%), Copper: 0.59mg (29.37%), Magnesium: 65.31mg (16.33%), Zinc: 2.31mg (15.41%), Potassium: 479.49mg (13.7%), Selenium: 7.51µg (10.73%), Iron: 1.83mg (10.17%),

Calcium: 100.49mg (10.05%), Fiber: 1.95g (7.79%), Vitamin B1: 0.11mg (7.64%), Vitamin C: 5.74mg (6.96%), Vitamin B3: 1.32mg (6.6%), Vitamin B5: 0.6mg (6.01%), Vitamin B6: 0.1mg (5.25%), Vitamin B2: 0.06mg (3.81%), Folate: 14.02µg (3.51%), Vitamin A: 155.27IU (3.11%), Vitamin E: 0.4mg (2.64%)