



Shrimp Satay



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



8 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup spice paste
- ☐ 2 tablespoons juice of lemon
- ☐ 2 tablespoons tomato paste

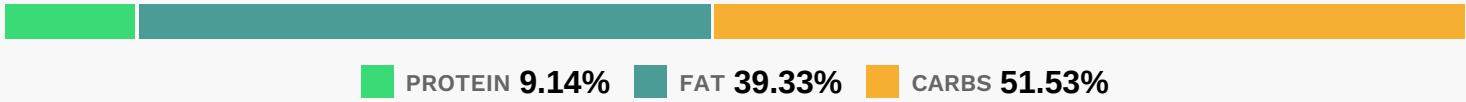
Equipment

- ☐ grill
- ☐ skewers

Directions

- ☐ Mix spice paste, tomato paste, and lemon juice. Coat shrimp with mixture.
- ☐ Lay 2 or 3 shrimp flat, parallel to each other, and run 2 skewers about 1 inch apart through center of shrimp. Repeat to skewer remaining shrimp.
- ☐ Lay shrimp on a lightly oiled grill over hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds). Cook, turning occasionally, until shrimp are opaque but moist-looking in center of thickest part (cut to test), 5 to 6 minutes.
- ☐ Serve hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.18, Inflammation Score:-5, Nutrition Score:1.1773913159319%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 8.4kcal (0.42%), Fat: 0.38g (0.58%), Saturated Fat: 0.16g (0.98%), Carbohydrates: 1.12g (0.37%), Net Carbohydrates: 0.82g (0.3%), Sugar: 0.74g (0.82%), Cholesterol: 0mg (0%), Sodium: 21.18mg (0.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.4%), Vitamin A: 817.12IU (16.34%), Vitamin C: 1.97mg (2.38%), Fiber: 0.3g (1.2%), Iron: 0.21mg (1.16%)