



Shrimp Satay with Spicy Peanut Dipping Sauce

 Dairy Free  Popular

READY IN



45 min.

SERVINGS



4

CALORIES



183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons coriander seeds toasted (and ground)
- ☐ 2 teaspoons cumin seeds toasted (and ground)
- ☐ 2 tablespoons fish sauce
- ☐ 1 tablespoon galangal grated (or ginger,)
- ☐ 2 cloves garlic grated ()
- ☐ 1 juice of lime (juice and zest)
- ☐ 2 stalks lemongrass peeled chopped (&)

- ☐ 2 tablespoons coconut sugar grated (or brown sugar)
- ☐ 0.3 cup satay sauce
- ☐ 1 pound shrimp shelled deveined (and)
- ☐ 1 teaspoon turmeric (ground)

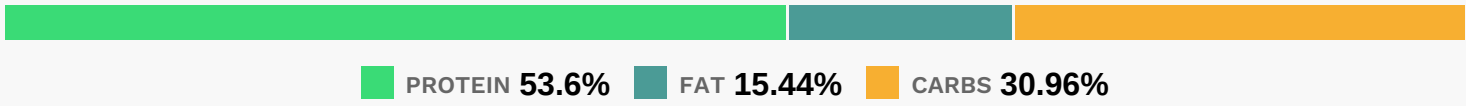
Equipment

- ☐ food processor
- ☐ grill
- ☐ skewers

Directions

- ☐ Mix the coriander, cumin, turmeric, lemongrass, garlic, galangal, lime, fish sauce and sugar in a food processor.
- ☐ Marinate the shrimp in the marinade for up to 4 hours.
- ☐ Skewer the shrimp and grill until cooked, about 2–3 minutes per side.
- ☐ Serve with peanut dipping sauce.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.17, Inflammation Score:-10, Nutrition Score:7.3543478315291%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 182.76kcal (9.14%), Fat: 3.16g (4.87%), Saturated Fat: 0.17g (1.04%), Carbohydrates: 14.28g (4.76%), Net Carbohydrates: 13.59g (4.94%), Sugar: 8.94g (9.93%), Cholesterol: 182.57mg (60.86%), Sodium: 1054.95mg (45.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.73g (49.46%), Manganese: 0.57mg (28.6%),

Phosphorus: 264.88mg (26.49%), Copper: 0.5mg (24.93%), Magnesium: 69.38mg (17.34%), Iron: 2.38mg (13.23%), Potassium: 445.46mg (12.73%), Zinc: 1.85mg (12.31%), Calcium: 107.38mg (10.74%), Vitamin C: 3.37mg (4.09%), Vitamin B6: 0.08mg (3.95%), Folate: 11.36µg (2.84%), Fiber: 0.69g (2.76%), Selenium: 1.5µg (2.14%), Vitamin B3: 0.41mg (2.06%), Vitamin B2: 0.03mg (1.49%), Vitamin B1: 0.02mg (1.35%)