



Shrimp Sates with Spiced Pistachio Chutney

 Gluten Free

READY IN



120 min.

SERVINGS



65

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups cilantro sprigs fresh
- ☐ 1 tablespoon garlic minced
- ☐ 2 teaspoons ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 4 jalapeño chiles fresh with seeds and ribs removed
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 tablespoon olive oil
- ☐ 1 cup natural pistachios shelled toasted finely

- ☐ 16 ounce yogurt plain
- ☐ 2 pounds shrimp shelled deveined (65)



Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ blender
- ☐ aluminum foil
- ☐ broiler
- ☐ skewers
- ☐ broiler pan

Directions

- ☐ Butterfly shrimp by cutting almost, but not all the way, through backs. Toss with garlic, oil, and lime juice. Season with salt. Marinate, chilled, 1 hour.
- ☐ Drain yogurt in a fine-mesh sieve set over a bowl, chilled, 1 hour. Cook coriander and cumin in oil in a small skillet over moderate heat, stirring occasionally, until fragrant. Coarsely chop chiles, then purée in a blender with drained yogurt, coriander mixture, and cilantro until smooth. Stir in lime juice, pistachios, and salt to taste.
- ☐ Preheat broiler.
- ☐ Gently press 1 shrimp open and thread lengthwise onto a skewer near pointed end. Repeat with remaining shrimp and skewers.
- ☐ Arrange satés in a row on 1 long side of a broiler pan so that blunt ends of skewers point toward middle of pan. Cover exposed portions of skewers with a sheet of foil (don't cover shrimp). Arrange another row of satés over foil. Continue adding rows of satés and layers of foil until pan is full, making sure exposed skewer ends of last row of satés are covered with foil.
- ☐ Broil until shrimp are just cooked through, 3 to 4 minutes.
- ☐ Serve satés with chutney for dipping.
- ☐ ·You can marinate shrimp and make chutney 1 day ahead and chill, covered.

Nutrition Facts

 **PROTEIN 15.3%**  **FAT 62.71%**  **CARBS 21.99%**

Properties

Glycemic Index:2.09, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:0.97130435008718%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 18.02kcal (0.9%), Fat: 1.33g (2.04%), Saturated Fat: 0.28g (1.77%), Carbohydrates: 1.05g (0.35%), Net Carbohydrates: 0.78g (0.28%), Sugar: 0.52g (0.58%), Cholesterol: 1.4mg (0.47%), Sodium: 3.96mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.46%), Vitamin B6: 0.04mg (2.03%), Vitamin C: 1.49mg (1.8%), Phosphorus: 17.68mg (1.77%), Vitamin K: 1.84µg (1.75%), Manganese: 0.03mg (1.52%), Copper: 0.03mg (1.46%), Vitamin B1: 0.02mg (1.32%), Calcium: 12.07mg (1.21%), Vitamin A: 57.9IU (1.16%), Potassium: 38.09mg (1.09%), Fiber: 0.27g (1.07%)