



Shrimp Skewers with Coconut, Jalapeño, and Cilantro Dipping Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



36 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 cup jalapeno seeded chopped (2)
- ☐ 0.5 pound shrimp deveined peeled
- ☐ 3 tablespoons lite coconut milk light
- ☐ 1 tablespoon juice of lime fresh

- ☐ 1 teaspoon lime zest grated
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 1 inch pineapple fresh ()
- ☐ 2 tablespoons pineapple juice fresh
- ☐ 0.3 teaspoon salt

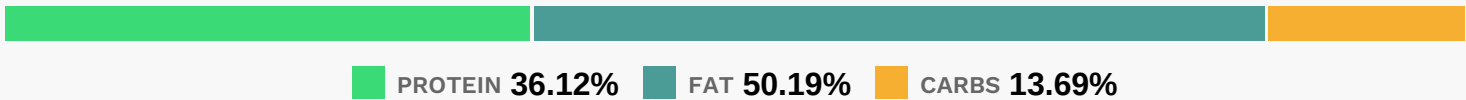
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ skewers
- ☐ grill pan

Directions

- ☐ To prepare dipping sauce, combine first 4 ingredients in a blender; process until smooth. Stir in 1/4 teaspoon salt; cover and chill 30 minutes.
- ☐ To prepare skewers, combine pineapple juice, olive oil, rind, garlic, 1/4 teaspoon salt, and 1/8 teaspoon red pepper in a large bowl.
- ☐ Add shrimp; toss to coat.
- ☐ Let stand 10 minutes.
- ☐ Thread 2 shrimp and 2 pineapple cubes alternately onto each of 10 (6-inch) skewers.
- ☐ Brush skewers with pineapple juice mixture.
- ☐ Heat a heavy grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add skewers to pan; cook 4 minutes on each side or until shrimp are done.
- ☐ Serve with dipping sauce.

Nutrition Facts



Properties

Glycemic Index:26.27, Glycemic Load:0.26, Inflammation Score:-1, Nutrition Score:2.2582608590955%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 35.65kcal (1.78%), Fat: 1.95g (3%), Saturated Fat: 0.52g (3.27%), Carbohydrates: 1.2g (0.4%), Net Carbohydrates: 1.09g (0.4%), Sugar: 0.45g (0.51%), Cholesterol: 28.58mg (9.53%), Sodium: 190.69mg (8.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.32%), Selenium: 6.78µg (9.68%), Phosphorus: 57.15mg (5.72%), Vitamin C: 3.82mg (4.63%), Vitamin B12: 0.25µg (4.2%), Vitamin E: 0.6mg (4.02%), Vitamin B6: 0.05mg (2.74%), Vitamin K: 2.61µg (2.49%), Copper: 0.05mg (2.36%), Vitamin B3: 0.45mg (2.25%), Vitamin A: 103.65IU (2.07%), Manganese: 0.03mg (1.69%), Zinc: 0.23mg (1.56%), Magnesium: 6.07mg (1.52%), Folate: 5.95µg (1.49%), Calcium: 14.11mg (1.41%), Potassium: 41.16mg (1.18%)