



Shrimp Skewers with Curried Mango Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



152 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons chili powder
- ☐ 0.5 teaspoon kosher salt
- ☐ 6 servings garnish: lime wedges
- ☐ 6 servings curried mango sauce
- ☐ 1 tablespoon olive oil
- ☐ 2 pounds shrimp fresh unpeeled

Equipment

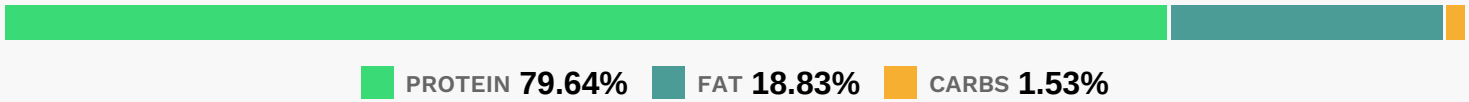
- ☐ bowl

- ☐ grill
- ☐ skewers

Directions

- ☐ Peel shrimp, leaving tails intact. Devein shrimp, if desired.
- ☐ Toss together shrimp, chili powder, salt, and olive oil in a large bowl. Thread 5 shrimp onto each skewer, bending each shrimp to pass through skewer twice.
- ☐ Grill, without grill lid, over high heat (400 to 50
- ☐ to 5 minutes or just until shrimp turn pink, turning once.
- ☐ Serve warm with Curried Mango Sauce.
- ☐ Garnish with lime wedges.

Nutrition Facts



Properties

Glycemic Index:13.96, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:5.8365217670798%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 151.92kcal (7.6%), Fat: 3.21g (4.93%), Saturated Fat: 0.49g (3.08%), Carbohydrates: 0.59g (0.2%), Net Carbohydrates: 0.31g (0.11%), Sugar: 0.2g (0.22%), Cholesterol: 243.43mg (81.14%), Sodium: 384.72mg (16.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.5g (60.99%), Phosphorus: 325.88mg (32.59%), Copper: 0.6mg (29.99%), Zinc: 2.06mg (13.71%), Magnesium: 54.08mg (13.52%), Potassium: 414.92mg (11.85%), Calcium: 99.55mg (9.95%), Iron: 0.92mg (5.13%), Vitamin A: 208.99IU (4.18%), Vitamin E: 0.6mg (4.01%), Manganese: 0.06mg (3.12%), Vitamin K: 2.16µg (2.05%), Fiber: 0.28g (1.1%)