



Shrimp Skewers with Mango Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 4 servings pepper red crushed
- ☐ 1 pinch cumin
- ☐ 4 servings cilantro leaves fresh
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 cup mango pulp
- ☐ 3 tablespoons olive oil

- ☐ 3 tablespoons onion chopped
- ☐ 0.5 teaspoon onion powder
- ☐ 0.3 teaspoon paprika
- ☐ 4 servings salt and pepper
- ☐ 24 large shrimp deveined peeled
- ☐ 1 tablespoon sugar

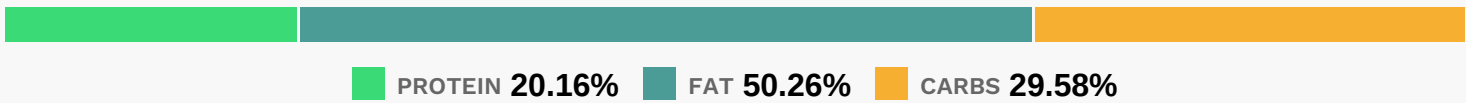
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill
- ☐ skewers

Directions

- ☐ Heat butter in medium saucepan over medium heat.
- ☐ Add onions and garlic and cook until soft.
- ☐ Add mango pulp and cook for 5 minutes, stirring often.
- ☐ Add the sugar, red pepper, cumin and cook over low heat for 10–15 minutes.Season with salt and pepper.
- ☐ Sprinkle fresh cilantro and set aside.To make the shrimp:In a bowl, combine the olive oil, the cumin,onion powder, paprika salt and pepper.
- ☐ Add the shrimp, stir to coat and refrigerate for 15 minutes.eat a grill over medium–high heat.
- ☐ Remove the shrimp from the marinade and discard the marinade. Thread the shrimp onto skewers. Arrange the skewers on the grill and cook for 2 to 3 minutes per side.
- ☐ Serve immediately with the mango sauce on top or the side.

Nutrition Facts



Properties

Glycemic Index:58.52, Glycemic Load:2.33, Inflammation Score:-8, Nutrition Score:8.5817390450317%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 249.71kcal (12.49%), Fat: 14.27g (21.95%), Saturated Fat: 3.37g (21.06%), Carbohydrates: 18.89g (6.3%), Net Carbohydrates: 17.59g (6.4%), Sugar: 15.89g (17.66%), Cholesterol: 104.13mg (34.71%), Sodium: 335.51mg (14.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.88g (25.76%), Iron: 8.4mg (46.69%), Vitamin A: 2168.49IU (43.37%), Vitamin E: 2.41mg (16.05%), Phosphorus: 141.18mg (14.12%), Copper: 0.27mg (13.26%), Vitamin C: 9.05mg (10.97%), Vitamin K: 9.16µg (8.72%), Magnesium: 26.53mg (6.63%), Potassium: 223.15mg (6.38%), Zinc: 0.94mg (6.3%), Calcium: 58.95mg (5.9%), Fiber: 1.31g (5.23%), Manganese: 0.09mg (4.57%), Vitamin B6: 0.07mg (3.31%), Vitamin B2: 0.03mg (1.54%), Vitamin B3: 0.27mg (1.37%)