



Shrimp Tikka with Fresh Mango Chutney



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons cilantro leaves chopped
- ☐ 2 teaspoons ground garam masala
- ☐ 1 large garlic clove smashed
- ☐ 1 inch ginger peeled chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 inch jalapeño fresh chopped (2 teaspoons)
- ☐ 1 teaspoons jalapeño fresh with seeds minced
- ☐ 3 tablespoons juice of lime fresh

- ☐ 0.8 pound unripe mango chopped
- ☐ 3 tablespoons mint leaves thinly sliced
- ☐ 0.1 teaspoons nutmeg grated
- ☐ 0.5 cup onion red chopped
- ☐ 2 pound shrimp in shell peeled
- ☐ 0.8 teaspoons turmeric
- ☐ 0.3 cup vegetable oil

Equipment

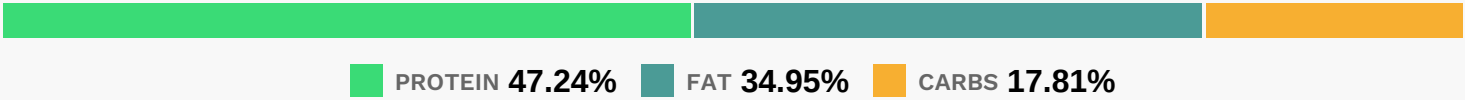
- ☐ frying pan
- ☐ blender
- ☐ grill
- ☐ skewers
- ☐ grill pan

Directions

- ☐ Purée all ingredients for marinating shrimp, except shrimp, with 1/2 tsp salt in a blender until smooth.
- ☐ Pour into a sealable bag, then add shrimp and marinate at cool room temperature, turning bag occasionally, 30 minutes. Make chutney while shrimp marinate: Toast cumin in a dry small skillet over medium heat, stirring occasionally, until fragrant, about 1 minute.
- ☐ Stir together remaining chutney ingredients with 1/4 tsp salt, then sprinkle with toasted cumin.
- ☐ Prepare grill for direct-heat cooking over hot charcoal (medium-high heat for gas);
- ☐ Thread 4 shrimp onto each skewer, leaving small spaces between them. Put on a tray.
- ☐ Oil grill rack, then grill skewers, covered only if using a gas grill, turning once, until just cooked through, 4 to 6 minutes total.
- ☐ Serve with chutney.
- ☐ ·Shrimp can be cooked in a hot well-oiled large (2-burner) ridged grill pan, turning once, about 8 minutes total.·Marinade can be made 1 day ahead and chilled.·Chutney can be made 6 hours

ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:49.96, Glycemic Load:4.32, Inflammation Score:-9, Nutrition Score:10.773043601409%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Eriodictyol: 0.94mg, Eriodictyol: 0.94mg, Eriodictyol: 0.94mg, Eriodictyol: 0.94mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 258.9kcal (12.95%), Fat: 10.33g (15.89%), Saturated Fat: 1.63g (10.19%), Carbohydrates: 11.84g (3.95%), Net Carbohydrates: 10.18g (3.7%), Sugar: 8.57g (9.52%), Cholesterol: 243.43mg (81.14%), Sodium: 183.44mg (7.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.4g (62.81%), Phosphorus: 342.25mg (34.22%), Copper: 0.68mg (33.98%), Vitamin C: 26.52mg (32.15%), Vitamin K: 20.1µg (19.14%), Magnesium: 65.17mg (16.29%), Potassium: 560.31mg (16.01%), Vitamin A: 755.06IU (15.1%), Zinc: 2.17mg (14.49%), Calcium: 118.21mg (11.82%), Vitamin E: 1.34mg (8.96%), Manganese: 0.18mg (8.93%), Folate: 31.28µg (7.82%), Iron: 1.39mg (7.72%), Fiber: 1.66g (6.64%), Vitamin B6: 0.11mg (5.46%), Vitamin B3: 0.51mg (2.54%), Vitamin B2: 0.04mg (2.16%), Vitamin B1: 0.03mg (2.03%), Vitamin B5: 0.16mg (1.56%)