



Shrimp with Chili Paste

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoons jalapeño chilies fresh chopped
- ☐ 0.5 cup lightly cilantro fresh packed
- ☐ 1 tablespoon ginger fresh
- ☐ 2 tablespoons garlic minced
- ☐ 0.3 cup juice of lemon
- ☐ 0.5 lb onion chopped
- ☐ 1 cup nonfat yogurt plain
- ☐ 2 tablespoons salad oil

- ☐ 5 servings salt
- ☐ 1.5 pounds colossal shrimp (shelled deveined per lb.), and

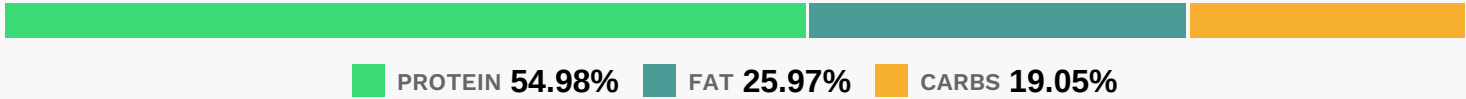
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender
- ☐ grill
- ☐ skewers
- ☐ metal skewers

Directions

- ☐ In a blender or food processor, whirl lemon juice, oil, onion, cilantro, garlic, ginger, and chilies until smooth.
- ☐ Mix 1/3 cup chili mixture with yogurt.
- ☐ In a bowl, mix the remaining chili mixture with shrimp and let stand at least 10 or up to 30 minutes, then thread shrimp onto metal skewers.
- ☐ Prepare barbecue for direct heat.
- ☐ If using charcoal briquets, cover firegrate with a single, solid layer of ignited coals; let them burn down to desired heat. Set grill in place and measure heat.
- ☐ If using a gas barbecue, turn all burners to high and close lid for 10 minutes. Adjust burners to desired heat. Set grill in place and measure heat.
- ☐ When grill is hot (you can hold your hand at grill level only 2 to 3 seconds) lay skewered shrimp on it. Turn to cook shrimp evenly until they are opaque but still moist-looking in thickest part (cut to test), 5 to 8 minutes
- ☐ Push shrimp off skewers and serve with yogurt sauce and salt to taste.

Nutrition Facts



Properties

Glycemic Index:29.8, Glycemic Load:1.37, Inflammation Score:-4, Nutrition Score:10.142608751421%

Flavonoids

Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg Hesperetin: 2.35mg, Hesperetin: 2.35mg, Hesperetin: 2.35mg, Hesperetin: 2.35mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 10.17mg, Quercetin: 10.17mg, Quercetin: 10.17mg, Quercetin: 10.17mg

Nutrients (% of daily need)

Calories: 221.79kcal (11.09%), Fat: 6.51g (10.02%), Saturated Fat: 0.64g (3.99%), Carbohydrates: 10.75g (3.58%), Net Carbohydrates: 9.75g (3.54%), Sugar: 6.33g (7.03%), Cholesterol: 220.07mg (73.36%), Sodium: 397.16mg (17.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.03g (62.07%), Phosphorus: 390.02mg (39%), Copper: 0.58mg (29%), Calcium: 203.64mg (20.36%), Vitamin C: 15.9mg (19.28%), Potassium: 603.85mg (17.25%), Zinc: 2.44mg (16.28%), Magnesium: 64.96mg (16.24%), Vitamin K: 9.71µg (9.25%), Manganese: 0.18mg (8.87%), Vitamin B2: 0.14mg (8.15%), Vitamin B6: 0.15mg (7.37%), Vitamin E: 1.08mg (7.2%), Iron: 0.98mg (5.46%), Vitamin B12: 0.3µg (4.98%), Folate: 19.68µg (4.92%), Vitamin B5: 0.43mg (4.28%), Fiber: 1g (4.02%), Vitamin B1: 0.06mg (3.88%), Selenium: 2.5µg (3.57%), Vitamin A: 142.13IU (2.84%), Vitamin B3: 0.22mg (1.08%)