



Smoky Grilled Shrimp with Marie Rose Sauce

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



8

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons brandy
- 1 teaspoon hot sauce such as tabasco
- 0.3 cup catsup
- 0.3 teaspoon kosher salt
- 2 teaspoons juice of lemon freshly squeezed
- 0.5 cup mayonnaise
- 2 pounds shrimp (with the tails intact) and deveined peeled (45 shrimp)

- 1 teaspoon paprika smoked
- 2 tablespoons vegetable oil
- 1 teaspoon worcestershire sauce

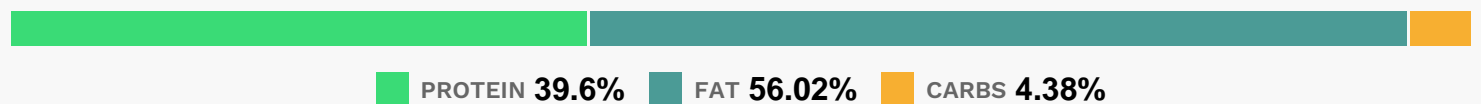
Equipment

- bowl
- baking sheet
- whisk
- grill
- skewers

Directions

- Heat an outdoor grill to high (about 450°F to 550°F). Meanwhile, assemble the shrimp.
- Whisk the measured oil, paprika, salt, and pepper in a large bowl.
- Add the shrimp and toss to combine. Skewer each shrimp through both the tail and head end, leaving about 1/4 inch of space between each shrimp.
- Place the skewers on a baking sheet. Arrange the skewers in a single layer on the grill without touching. Close the grill and cook until grill marks appear on the bottom, about 4 minutes. Flip the skewers, close the grill, and cook until the shrimp are just firm, about 1 minute more.
- Transfer the skewers to a clean baking sheet.
- Remove and discard the skewers.
- Serve the shrimp with the sauce on the side for dipping.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:6.0004347083361%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 239.65kcal (11.98%), Fat: 14.5g (22.3%), Saturated Fat: 2.28g (14.24%), Carbohydrates: 2.55g (0.85%), Net Carbohydrates: 2.42g (0.88%), Sugar: 1.82g (2.02%), Cholesterol: 188.45mg (62.82%), Sodium: 387.74mg (16.86%), Alcohol: 1.25g (100%), Alcohol %: 1.09% (100%), Protein: 23.05g (46.11%), Vitamin K: 29.62µg (28.21%), Phosphorus: 249.2mg (24.92%), Copper: 0.46mg (22.89%), Zinc: 1.57mg (10.46%), Magnesium: 41.56mg (10.39%), Potassium: 337.87mg (9.65%), Calcium: 76.63mg (7.66%), Vitamin E: 0.92mg (6.16%), Iron: 0.75mg (4.17%), Vitamin A: 172.53IU (3.45%), Manganese: 0.06mg (2.95%), Vitamin C: 1.26mg (1.53%), Vitamin B2: 0.02mg (1.18%)