



Spicy Coconut and Lime Grilled Shrimp

 Gluten Free  Dairy Free

READY IN



140 min.

SERVINGS



3

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup coconut or shredded
- 0.3 cup cilantro leaves fresh chopped
- 2 garlic cloves
- 2 jalapeño peppers seeded
- 1 lime zest juiced
- 0.3 cup olive oil
- 1 pound shrimp deveined uncooked peeled
- 0.3 cup soya sauce

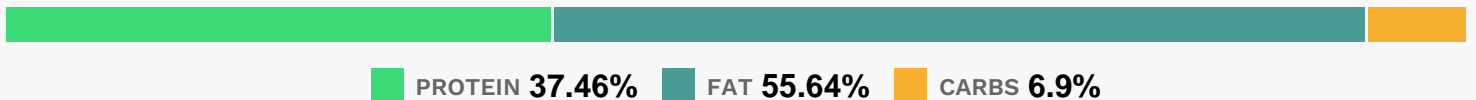
Equipment

- food processor
- bowl
- grill
- skewers

Directions

- Combine the jalapeno, lime zest, lime juice, garlic, cilantro, coconut, olive oil, and soy sauce in a food processor; blend until smooth.
- Place the shrimp in a large bowl.
- Pour the sauce over the shrimp and toss to coat. Cover and allow to marinate at least 2 hours.
- Preheat an outdoor grill for medium-high heat and lightly oil the grate.
- Thread the shrimp onto skewers, piercing each shrimp near the head and tail.
- Cook the skewers on the preheated grill, turning frequently until nicely browned on all sides and the meat is no longer pink in the center, 2 to 3 minutes per side.

Nutrition Facts



Properties

Glycemic Index:50.33, Glycemic Load:1.05, Inflammation Score:-3, Nutrition Score:10.974347860917%

Flavonoids

Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 343.5kcal (17.18%), Fat: 21.87g (33.64%), Saturated Fat: 5.29g (33.09%), Carbohydrates: 6.11g (2.04%), Net Carbohydrates: 4.17g (1.52%), Sugar: 1.68g (1.87%), Cholesterol: 243.43mg (81.14%), Sodium: 1263.91mg (54.95%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.13g (66.25%), Phosphorus: 369.1mg (36.91%), Copper: 0.68mg (34.24%), Vitamin C: 18.97mg (22.99%), Vitamin E: 3.04mg (20.28%), Vitamin K: 18.26µg (17.39%), Magnesium: 67.2mg (16.8%), Manganese: 0.33mg (16.58%), Potassium: 535.18mg (15.29%), Zinc: 2.28mg (15.18%), Calcium: 115.36mg (11.54%), Iron: 1.79mg (9.92%), Fiber: 1.93g (7.73%), Vitamin B6: 0.12mg (5.98%), Vitamin B3: 1.01mg (5.05%), Vitamin A: 231.92IU (4.64%), Folate: 11.26µg (2.82%), Vitamin B2: 0.05mg (2.78%), Vitamin B1: 0.03mg (2.19%), Selenium: 1.48µg (2.11%), Vitamin B5: 0.2mg (1.99%)