



## Spicy Grilled Shrimp

 **Gluten Free**  **Dairy Free**

READY IN



**40 min.**

SERVINGS



**20**

CALORIES



**93 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 pounds shrimp frozen thawed deveined uncooked peeled
- 0.3 cup vegetable oil
- 1 teaspoon hot sauce red
- 1 cup coconut milk canned (not cream of coconut)
- 2 teaspoons curry powder
- 2 teaspoons cornstarch
- 1 teaspoon honey
- 0.3 teaspoon salt

## Equipment

- bowl
- grill
- microwave
- skewers
- wooden skewers

## Directions

- Soak twenty 6-inch wooden skewers in water 30 minutes. Meanwhile, heat coals or gas grill for direct heat. Make Coconut-Curry Sauce.
- Place shrimp in large bowl.
- Drizzle with oil and pepper sauce; toss to coat. Thread 3 shrimp on each skewer.
- Cover and grill kabobs 4 to 6 inches from medium heat 4 to 6 minutes or until shrimp are pink and firm.
- Serve with sauce.
- Mix all sauce ingredients in small microwavable bowl. Microwave uncovered on High about 2 minutes, stirring every 30 seconds, until mixture bubbles and thickens.

## Nutrition Facts

**PROTEIN 39.55%** **FAT 55.18%** **CARBS 5.27%**

## Properties

Glycemic Index:2.86, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:2.6260869493303%

## Nutrients (% of daily need)

Calories: 92.74kcal (4.64%), Fat: 5.84g (8.99%), Saturated Fat: 3g (18.74%), Carbohydrates: 1.26g (0.42%), Net Carbohydrates: 0.92g (0.34%), Sugar: 0.7g (0.77%), Cholesterol: 73.03mg (24.34%), Sodium: 90.27mg (3.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.42g (18.84%), Phosphorus: 109.83mg (10.98%), Copper: 0.21mg (10.56%), Manganese: 0.13mg (6.7%), Magnesium: 20.85mg (5.21%), Vitamin K: 5.23µg (4.98%), Zinc: 0.7mg (4.65%), Potassium: 154.88mg (4.43%), Calcium: 31.96mg (3.2%), Iron: 0.5mg (2.76%), Vitamin E: 0.29mg (1.9%), Fiber: 0.33g (1.33%), Selenium: 0.79µg (1.12%)