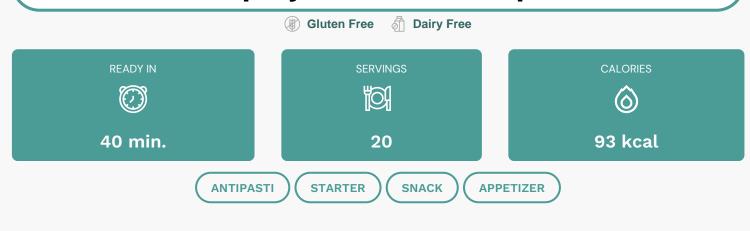


## **Spicy Grilled Shrimp**



## Ingredients

2 pounds shrimp frozen thawed develned uncooked peeled
O.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: Og (100%), Alcohol %: O% (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%)