



Spicy Grilled Shrimp Platter

 Dairy Free

READY IN



80 min.

SERVINGS



10

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 cups water
- 2 tablespoons kosher salt (coarse)
- 2 tablespoons sugar
- 1 tablespoon pepper red crushed
- 3 cloves garlic sliced
- 1 teaspoon paprika
- 30 shrimp frozen thawed deveined uncooked peeled
- 0.3 cup seafood

- 0.3 cup dijon honey mustard refrigerated
- 0.3 cup satay sauce hot (from 7-oz bottle)

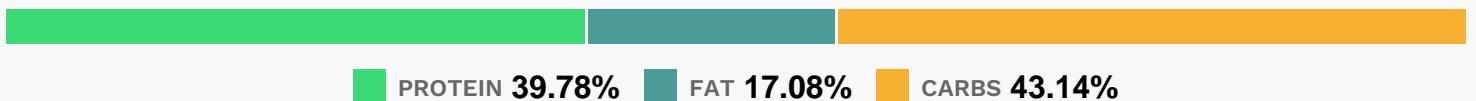
Equipment

- bowl
- sauce pan
- grill
- ziploc bags
- metal skewers

Directions

- In 2-quart saucepan, heat 1 cup of the water to boiling.
- Add salt, sugar, red pepper flakes, garlic and paprika; stir to dissolve salt.
- Remove from heat.
- Add remaining 3 cups cold water.
- Place shrimp in large resealable food-storage plastic bag.
- Pour brine mixture over shrimp. Seal bag, pushing out air.
- Place bag in dish or plastic container. Refrigerate 1 hour.
- Heat gas or charcoal grill.
- Remove shrimp from brine mixture; discard brine. On each of 6 (12-inch) metal skewers, thread shrimp, leaving 1/4-inch space between each.
- Place shrimp on grill. Cover grill; cook over medium heat 5 to 6 minutes, turning once, until shrimp are pink.
- In 3 separate small bowls, place cocktail sauce, dressing and peanut sauce. Arrange bowls on platter; add shrimp to platter.

Nutrition Facts



Properties

Glycemic Index:11.51, Glycemic Load:1.76, Inflammation Score:-2, Nutrition Score:2.0247826142156%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 82.76kcal (4.14%), Fat: 1.5g (2.31%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 8.55g (2.85%), Net Carbohydrates: 8.15g (2.96%), Sugar: 5.54g (6.16%), Cholesterol: 48.3mg (16.1%), Sodium: 1672.96mg (72.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.89g (15.77%), Copper: 0.15mg (7.29%), Phosphorus: 68.61mg (6.86%), Vitamin A: 335.79IU (6.72%), Magnesium: 13.26mg (3.31%), Zinc: 0.47mg (3.13%), Potassium: 103.31mg (2.95%), Calcium: 27.65mg (2.77%), Vitamin E: 0.36mg (2.43%), Manganese: 0.05mg (2.27%), Iron: 0.37mg (2.03%), Vitamin B6: 0.03mg (1.61%), Fiber: 0.4g (1.59%)