



Spicy Grilled Shrimp with Rice and Mango Salad and Sesame Sugar Snap Peas



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 cups short-grain brown rice cooked uncooked
- ☐ 2 teaspoons ginger fresh minced
- ☐ 4 spring onion thinly sliced
- ☐ 16 jumbo shrimp deveined uncooked peeled
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 mangos pitted peeled chopped
- ☐ 1 teaspoon sesame oil

- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 1 teaspoon sesame seed
- ☐ 2 tablespoons soya sauce
- ☐ 8 ounces sugar snap peas
- ☐ 3 tablespoons vegetable oil

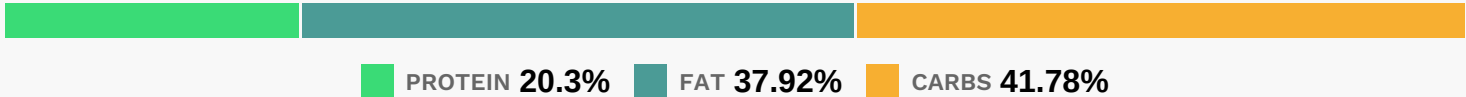
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ skewers

Directions

- ☐ Whisk 1 tablespoon vegetable oil, 1 teaspoon ginger, and crushed red pepper in bowl.
- ☐ Add shrimp; toss. Chill 2 hours.
- ☐ Whisk 2 tablespoons vegetable oil, 1 teaspoon ginger, lime juice, and soy sauce in another bowl.
- ☐ Add rice, mango, and onions; toss well. Cover rice salad; let stand at room temperature.
- ☐ Boil sugar snap peas in salted water until crisp-tender, about 1 minute.
- ☐ Drain peas and transfer to medium bowl. Toss peas with sesame oil and sesame seeds.
- ☐ Prepare barbecue (medium-high heat). Thread 4 shrimp onto each of 4 skewers. Grill shrimp until just opaque in center, about 2 minutes per side.
- ☐ Mound rice and mango salad in center of large platter; surround with sesame sugar snap peas. Top with grilled shrimp skewers and serve.
- ☐ Per serving: calories, 438; total fat, 11 g; saturated fat, 1 g; cholesterol, 168 mg; fiber, 5 g
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:50.24, Glycemic Load:12.26, Inflammation Score:-8, Nutrition Score:21.834347797477%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 309.55kcal (15.48%), Fat: 13.25g (20.38%), Saturated Fat: 2.03g (12.67%), Carbohydrates: 32.84g (10.95%), Net Carbohydrates: 28.66g (10.42%), Sugar: 10.01g (11.12%), Cholesterol: 100.8mg (33.6%), Sodium: 963.44mg (41.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.95g (31.9%), Vitamin C: 58.54mg (70.96%), Vitamin K: 60.52µg (57.64%), Manganese: 1.09mg (54.4%), Selenium: 24.75µg (35.35%), Phosphorus: 311mg (31.1%), Vitamin A: 1482.63IU (29.65%), Vitamin B6: 0.43mg (21.45%), Magnesium: 78.18mg (19.55%), Folate: 75.28µg (18.82%), Vitamin E: 2.73mg (18.22%), Vitamin B3: 3.57mg (17.86%), Copper: 0.36mg (17.84%), Fiber: 4.18g (16.74%), Vitamin B12: 0.89µg (14.8%), Vitamin B1: 0.21mg (14.01%), Iron: 2.33mg (12.92%), Potassium: 423.44mg (12.1%), Vitamin B5: 1.13mg (11.25%), Zinc: 1.58mg (10.51%), Calcium: 98.13mg (9.81%), Vitamin B2: 0.11mg (6.68%)