



Spicy Passion Fruit-Glazed Shrimp



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 tablespoons juice of lime fresh
- ☐ 8 lime wedges
- ☐ 1 teaspoon soya sauce low-sodium
- ☐ 0.5 cup passion fruit pulp (4 passion fruit)
- ☐ 0.3 teaspoon salt
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 0.5 cup sugar

☐ 0.5 cup water

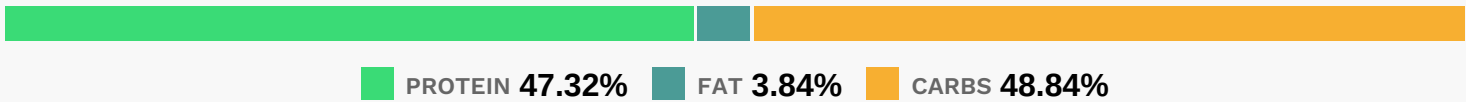
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ grill
- ☐ skewers

Directions

- ☐ Bring water and sugar to a boil in a small saucepan, stirring until sugar dissolves.
- ☐ Add passion fruit pulp, stirring well, and cook 1 minute.
- ☐ Remove from heat; cool 15 minutes.
- ☐ Strain passion fruit mixture through a sieve into a large bowl; discard seeds.
- ☐ Add lime juice, soy sauce, red pepper, and salt, stirring well. Set 1/2 cup passion fruit mixture aside.
- ☐ Add shrimp to remaining passion fruit mixture, and toss well to coat. Cover and refrigerate 15 minutes.
- ☐ Prepare grill.
- ☐ Thread 4 shrimp on each of 8 (10-inch) skewers.
- ☐ Place skewers on grill rack coated with cooking spray. Grill 2 minutes on each side or until done, basting with reserved 1/2 cup passion fruit mixture.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:33.02, Glycemic Load:19.49, Inflammation Score:-4, Nutrition Score:9.5930433351061%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 16.15mg, Hesperetin: 16.15mg, Hesperetin: 16.15mg, Hesperetin: 16.15mg Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 283.54kcal (14.18%), Fat: 1.27g (1.95%), Saturated Fat: 0.2g (1.28%), Carbohydrates: 36.41g (12.14%), Net Carbohydrates: 32.21g (11.71%), Sugar: 29.01g (32.24%), Cholesterol: 273.86mg (91.29%), Sodium: 407.72mg (17.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.27g (70.54%), Phosphorus: 394.42mg (39.44%), Copper: 0.73mg (36.28%), Vitamin C: 21.58mg (26.15%), Magnesium: 72.38mg (18.1%), Potassium: 607.02mg (17.34%), Fiber: 4.2g (16.81%), Zinc: 2.38mg (15.87%), Calcium: 127.76mg (12.78%), Vitamin A: 471.11IU (9.42%), Iron: 1.65mg (9.18%), Manganese: 0.07mg (3.56%), Vitamin B2: 0.06mg (3.34%), Vitamin B3: 0.57mg (2.84%), Vitamin B6: 0.06mg (2.75%), Folate: 8.38µg (2.1%), Vitamin E: 0.2mg (1.35%)