



Sugar Cane Skewered Shrimp

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

READY IN

ready

494 min.

SERVINGS

servings

4

CALORIES

calories

128 kcal

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

Ingredients

- ☐ 4 servings sugar cane stalk cut into skewers
- ☐ 0.5 cup chili paste depending on your taste pref sweet
- ☐ 0.5 tablespoon garlic
- ☐ 0.5 tablespoon ginger chopped
- ☐ 0.5 cup parsley leaves chinese chopped
- ☐ 16 shrimp
- ☐ 0.5 cup thai chili soy paste
- ☐ 0.5 cup water

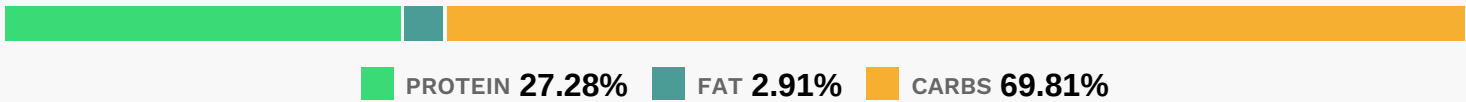
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ Place chili pastes in bowl and add water.
- ☐ Mix the remaining ingredients together to make a thin mixture. Put shrimp in marinade and refrigerate overnight.
- ☐ Place shrimp on skewers, 4 pieces on each skewer, and grill.

Nutrition Facts



Properties

Glycemic Index:36.77, Glycemic Load:8.56, Inflammation Score:-7, Nutrition Score:12.320000000622%

Flavonoids

Apigenin: 16.42mg, Apigenin: 16.42mg, Apigenin: 16.42mg, Apigenin: 16.42mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.35mg, Myricetin: 1.35mg, Myricetin: 1.35mg, Myricetin: 1.35mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 128.08kcal (6.4%), Fat: 0.45g (0.7%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 24.49g (8.16%), Net Carbohydrates: 23.75g (8.64%), Sugar: 16.08g (17.86%), Cholesterol: 64.4mg (21.47%), Sodium: 61.82mg (2.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.57g (19.14%), Vitamin K: 126.11µg (120.1%), Vitamin C: 61.26mg (74.25%), Vitamin A: 920.86IU (18.42%), Copper: 0.26mg (12.76%), Phosphorus: 118.15mg (11.81%), Potassium: 345.04mg (9.86%), Magnesium: 27.45mg (6.86%), Iron: 1.2mg (6.66%), Vitamin B6: 0.13mg (6.36%), Zinc: 0.75mg (4.97%), Calcium: 49.11mg (4.91%), Folate: 19.25µg (4.81%), Manganese: 0.09mg (4.44%), Vitamin B3: 0.84mg (4.18%), Vitamin B1: 0.06mg (3.75%), Vitamin B2: 0.05mg (3.05%), Fiber: 0.74g (2.95%), Vitamin E: 0.27mg (1.83%)