



Sweet Grilled Shrimp with Cilantro Dipping Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



35

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp brown sugar
- 0.5 cup classic catalina dressing kraft
- 1 cup cilantro leaves
- 1 Tbsp juice of lemon
- 0.5 cup real mayo mayonnaise kraft
- 1 jalapeño pepper whole seeds removed
- 1 lb shrimp deveined uncooked peeled

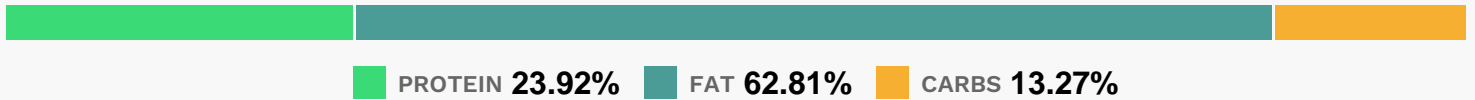
Equipment

- bowl
- blender
- grill
- ziploc bags
- wooden skewers

Directions

- Place shrimp and dressing in resealable plastic bag; seal tightly and shake to mix well. Refrigerate 20 min. to marinate.
- Blend next 5 ingredients in blender until smooth.
- Pour into small bowl; refrigerate until ready to serve.
- Heat greased grill to medium-high heat.
- Remove shrimp from marinade; discard marinade. Spear 1 shrimp onto each of 24 small wooden skewers (3-inch lengths.) Grill shrimp 5 to 7 min. or until pink, turning once.
- Serve with cilantro mixture as a dipping sauce.

Nutrition Facts



Properties

Glycemic Index:3.26, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.86521740055279%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 44.85kcal (2.24%), Fat: 3.09g (4.76%), Saturated Fat: 0.49g (3.07%), Carbohydrates: 1.47g (0.49%), Net Carbohydrates: 1.45g (0.53%), Sugar: 1.31g (1.46%), Cholesterol: 22.21mg (7.4%), Sodium: 80.17mg (3.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Vitamin K: 6.68µg (6.36%), Phosphorus: 28.72mg (2.87%),

Copper: 0.05mg (2.65%), Zinc: 0.18mg (1.21%), Magnesium: 4.79mg (1.2%), Potassium: 38.51mg (1.1%)