



Tandoori Shrimp in Green Marinade



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



168 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.3 teaspoon cayenne
- ☐ 1 cup cilantro leaves fresh coarsely chopped
- ☐ 0.3 cup ginger fresh coarsely chopped
- ☐ 1 tablespoon garam masala (see notes)
- ☐ 10 cloves garlic peeled
- ☐ 1 tablespoon ground cumin toasted (directions follow)
- ☐ 8 servings lime wedges
- ☐ 8 servings mint-cilantro chutney spread shopping list

- ☐ 1 teaspoon salt
- ☐ 3 tablespoons serrano chiles fresh thinly sliced
- ☐ 2.5 pounds shrimp shelled deveined per lb.), and
- ☐ 2 tablespoons vegetable oil

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ grill
- ☐ skewers
- ☐ metal skewers

Directions

- ☐ In a blender or food processor, whirl cilantro, garlic, ginger, chiles, garam masala, cumin, and 1/4 teaspoon cayenne into a smooth paste, adding 1/3 to 1/2 cup water as needed to facilitate blending. Taste and add more cayenne, if desired.
- ☐ Scrape into a bowl.
- ☐ Shortly before serving, rinse shrimp; drain well.
- ☐ Add to marinade with oil and salt; mix well. Thread shrimp onto 6 to 8 metal skewers, piercing them through the center so they lie flat in a row.
- ☐ Lay shrimp skewers on an oiled grill over a solid bed of hot coals or over high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds); close lid. Cook, turning once, until shrimp are opaque but still moist-looking in center of thickest part (cut to test), 3 to 5 minutes per side.
- ☐ Transfer to a platter and serve with lime wedges and mint chutney.
- ☐ Ground toasted cumin: In a 6- to 8-inch frying pan over medium heat, stir 2 tablespoons cumin seeds often until lightly toasted, 2 to 4 minutes. Whirl in a blender until finely ground. Makes about 2 tablespoons.

Nutrition Facts

 **PROTEIN 68.61%**  **FAT 23.89%**  **CARBS 7.5%**

Properties

Glycemic Index:18.25, Glycemic Load:0.49, Inflammation Score:-3, Nutrition Score:7.2986956808878%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 168.16kcal (8.41%), Fat: 4.52g (6.95%), Saturated Fat: 0.72g (4.5%), Carbohydrates: 3.19g (1.06%), Net Carbohydrates: 2.53g (0.92%), Sugar: 0.38g (0.42%), Cholesterol: 228.21mg (76.07%), Sodium: 479mg (20.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.2g (58.4%), Phosphorus: 317.72mg (31.77%), Copper: 0.59mg (29.69%), Magnesium: 56.92mg (14.23%), Zinc: 2.02mg (13.47%), Potassium: 448.93mg (12.83%), Vitamin K: 13.27µg (12.64%), Calcium: 107.68mg (10.77%), Manganese: 0.16mg (8.23%), Iron: 1.42mg (7.89%), Vitamin C: 4.94mg (5.99%), Vitamin A: 246.79IU (4.94%), Vitamin B6: 0.09mg (4.46%), Vitamin E: 0.43mg (2.84%), Fiber: 0.66g (2.62%), Vitamin B1: 0.02mg (1.2%), Vitamin B3: 0.21mg (1.03%)