



Tandoori-Spiced Grilled Shrimp with Mint-Cilantro Chutney

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 16 cherry tomatoes
- ☐ 0.5 teaspoon coriander seeds
- ☐ 0.5 teaspoon cumin seeds
- ☐ 0.5 cup yogurt plain fat-free
- ☐ 0.5 teaspoon fennel seeds
- ☐ 0.5 cup cilantro leaves fresh loosely packed

- ☐ 0.5 cup mint leaves fresh loosely packed
- ☐ 1 garlic clove
- ☐ 1 inch bell pepper green
- ☐ 0.3 teaspoon ground cardamom
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon olive oil
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 serrano chile seeded chopped
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 large vidalia sweet cut into 16 wedges

Equipment

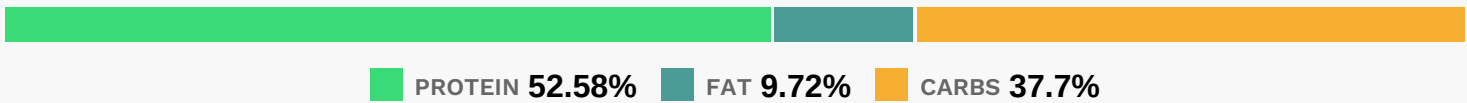
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ To prepare shrimp, combine the first 3 ingredients in a small skillet over medium heat; cook 2 minutes or until fragrant, stirring constantly. Cool.
- ☐ Place the spice mixture in a spice or coffee grinder; process until finely ground.

- ☐ Combine spice mixture, yogurt, and next 6 ingredients (through ground red pepper) in a large zip-top plastic bag.
- ☐ Add shrimp to bag; seal. Toss to coat. Marinate in refrigerator 1 hour, turning bag occasionally.
- ☐ Prepare grill.
- ☐ Combine onion wedges, bell pepper, and tomatoes in a large bowl.
- ☐ Drizzle with oil; toss to coat.
- ☐ Remove shrimp from bag; discard marinade. Thread 4 shrimp, 2 tomatoes, 2 onion wedges, and 2 bell pepper pieces alternately onto each of 8 (10-inch) skewers. Lightly coat skewers with cooking spray.
- ☐ Place skewers on grill rack coated with cooking spray. Grill 4 minutes on each side or until done.
- ☐ To prepare chutney, combine mint and remaining ingredients in a food processor; process until smooth.
- ☐ Serve with skewers.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:0.52, Inflammation Score:-8, Nutrition Score:13.274782605793%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 2.29mg, Eriodictyol: 2.29mg, Eriodictyol: 2.29mg, Eriodictyol: 2.29mg Hesperetin: 2.2mg, Hesperetin: 2.2mg, Hesperetin: 2.2mg, Hesperetin: 2.2mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg Quercetin: 17.92mg, Quercetin: 17.92mg, Quercetin: 17.92mg, Quercetin: 17.92mg

Nutrients (% of daily need)

Calories: 194.95kcal (9.75%), Fat: 2.19g (3.37%), Saturated Fat: 0.35g (2.2%), Carbohydrates: 19.14g (6.38%), Net Carbohydrates: 16.5g (6%), Sugar: 12.37g (13.75%), Cholesterol: 183.18mg (61.06%), Sodium: 324.69mg (14.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.7g (53.39%), Vitamin C: 29.62mg (35.91%), Phosphorus:

352.68mg (35.27%), Copper: 0.6mg (29.87%), Manganese: 0.47mg (23.7%), Potassium: 746.66mg (21.33%), Calcium: 196.46mg (19.65%), Magnesium: 73.03mg (18.26%), Vitamin A: 789.39IU (15.79%), Zinc: 2.22mg (14.81%), Iron: 2.36mg (13.11%), Vitamin B6: 0.24mg (12.25%), Folate: 45.96µg (11.49%), Fiber: 2.64g (10.57%), Vitamin K: 9.69µg (9.23%), Vitamin B2: 0.14mg (8.03%), Vitamin B1: 0.1mg (6.72%), Vitamin E: 0.7mg (4.68%), Vitamin B5: 0.45mg (4.48%), Vitamin B3: 0.77mg (3.83%), Selenium: 2.26µg (3.23%), Vitamin B12: 0.19µg (3.11%)