



Thai Spiced Barbecue Shrimp



Gluten Free



Dairy Free

READY IN



66 min.

SERVINGS



8

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 2 teaspoons curry paste
- ☐ 1 tablespoon dijon mustard
- ☐ 2 cloves garlic minced
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 tablespoon soya sauce

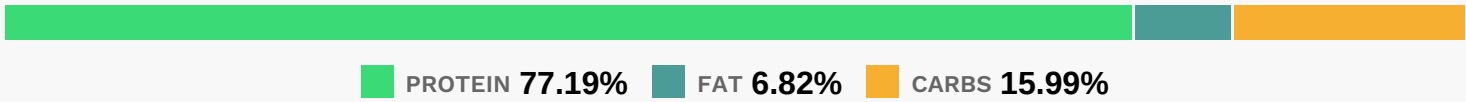
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ skewers

Directions

- ☐ In a shallow dish or resealable bag, mix together the lemon juice, soy sauce, mustard, garlic, brown sugar and curry paste.
- ☐ Add shrimp, and seal or cover. Marinate in the refrigerator for 1 hour.
- ☐ Preheat a grill for high heat. When the grill is hot, lightly oil the grate. Thread the shrimp onto skewers, or place in a grill basket for easy handling.
- ☐ Transfer the marinade to a saucepan, and boil for a few minutes.
- ☐ Grill shrimp for 3 minutes per side, or until opaque. Baste occasionally with the marinade.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:2.6656521824391%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 60.18kcal (3.01%), Fat: 0.46g (0.71%), Saturated Fat: 0.1g (0.65%), Carbohydrates: 2.44g (0.81%), Net Carbohydrates: 2.27g (0.82%), Sugar: 1.76g (1.95%), Cholesterol: 91.29mg (30.43%), Sodium: 214.41mg (9.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.8g (23.6%), Phosphorus: 127.94mg (12.79%), Copper: 0.23mg (11.5%), Magnesium: 22.3mg (5.58%), Zinc: 0.79mg (5.29%), Potassium: 168.06mg (4.8%), Calcium: 42.61mg (4.26%), Vitamin A: 198.61IU (3.97%), Vitamin C: 2.52mg (3.06%), Manganese: 0.05mg (2.6%), Iron: 0.44mg (2.44%), Selenium: 0.79µg (1.12%)