

# Chili Lemon Shrimp

*Most Loved Appetizers  
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## **Yield: 25 to 30 shrimp**

*2 tablespoons olive oil  
3 tablespoons liquid honey  
1/4 cup sweet (or regular) chili sauce  
1 teaspoon lemon zest, finely grated  
1/4 cup lemon juice  
2/3 cup fresh parsley, chopped  
2 shallots (or green onions), finely  
chopped  
1 teaspoon seasoned salt  
2 teaspoons dried crushed chilies  
2/3 cup dry white wine  
2 1/4 pounds raw jumbo shrimp  
with tails intact (25/30 pound),  
peeled and deveined  
25 - 30 four-inch bamboo skewers,  
soaked in water for 10 minutes*

In a bowl, combine the olive oil, honey, chili sauce, lemon zest, lemon juice, parsley, shallots, seasoned salt, chilies and wine.

Add the shrimp. Stir until coated. Cover. Marinate in the refrigerator for three hours, turning several times.

Remove the shrimp. Pour the marinade into a small saucepan. Bring to a boil. Boil for 5 minutes.

Preheat the oven broiler.

Thread one shrimp, starting at the head end, onto each skewer. Place on an ungreased baking sheet. Broil on the top rack for about 2 minutes per side until the shrimp are pink, basting with marinade several times.

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Per Serving (excluding unknown items): 379 Calories; 27g Fat (84.2% calories from fat); 2g Protein; 10g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1398mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 5 1/2 Fat; 0 Other Carbohydrates.

Appetizers, Seafood

## **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	379	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	84.2%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	13.5%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	2.2%	<b>Riboflavin B2 (mg):</b>	trace
<b>Total Fat (g):</b>	27g	<b>Folacin (mcg):</b>	69mcg

**Saturated Fat (g):** 4g  
**Monounsaturated Fat (g):** 20g  
**Polyunsaturated Fat (g):** 2g  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 10g  
**Dietary Fiber (g):** 2g  
**Protein (g):** 2g  
**Sodium (mg):** 1398mg  
**Potassium (mg):** 423mg  
**Calcium (mg):** 76mg  
**Iron (mg):** 3mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 83mg  
**Vitamin A (i.u.):** 2072IU  
**Vitamin A (r.e.):** 207RE

**Niacin (mg):** 1mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 106  
**% Refused:** 0 0%

## Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 1/2  
**Fruit:** 1/2  
**Non-Fat Milk:** 0  
**Fat:** 5 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 379 Calories from Fat: 320

### % Daily Values\*

<b>Total Fat</b>	27g	42%
Saturated Fat	4g	18%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	1398mg	58%
<b>Total Carbohydrates</b>	10g	3%
Dietary Fiber	2g	7%
<b>Protein</b>	2g	
<b>Vitamin A</b>		41%
<b>Vitamin C</b>		139%
<b>Calcium</b>		8%
<b>Iron</b>		17%

\* Percent Daily Values are based on a 2000 calorie diet.