

Bang Bang Shrimp!

INGREDIENTS

Shrimp:

- 1 lb of medium shrimp, peeled and deveined
- 3 cloves garlic, minced
- 2 tsp paprika
- ½ tsp black pepper, or to taste
- 1 Tbsp olive oil
- ½ Tbsp fresh parsley

Bang Bang Sauce:

- ¼ c of mayonnaise
- ¼ c. Thai sweet chili sauce (in the asian isle)
- 1 clove garlic, minced
- Juice of 1 lime
- ⅛ tsp of crushed red pepper flakes, or to taste
- ¼ Tbsp onion powder

DIRECTIONS

- Sprinkle the shrimp with the paprika, garlic, and pepper. Set aside to marinate.
- In a large bowl, mix together the mayonnaise, sweet chili sauce, garlic, lime juice, red pepper flakes, and onion powder. Set aside
- In a large skillet, on medium-high heat, cook shrimp in olive oil, stirring constantly until no longer pink- about 10 minutes.
- Transfer shrimp to the bowl of sauce mixture and toss well.
- Serve over a bed of mixed greens or corn Maque Choux. Garnish with parsley and serve.



HEALTHY SWAPS

- **Lower Fat:** Use low-fat mayonnaise. Reduce oil to 2tsp. 183 calories. 7g fat (1g saturated fat, 148mg cholesterol.) 770mg sodium. 14g carbohydrates (1g fiber, 9g sugar.) 16g protein.
- **Lower Carbohydrate:** Use a sugar-free sweet chili sauce such as G Hughes brand. 216 calories. 15g fat (2g saturated fat, 151mg cholesterol.) 730mg sodium. 4g carbohydrates (1g fiber, 1g sugar.) 16g protein.
- **Lower Sodium:** There is no added salt in this recipe. Crawfish tails may be substituted for shrimp. 264 calories. 15g fat (2g saturated fat, 6mg cholesterol.) 307mg sodium. 12 carbohydrates (1g fiber, 9g sugar.) 21g protein.
- **Dairy-free:** Recipe is dairy-free as is.
- **Gluten-free:** Recipe is gluten-free as is.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
4 servings per container	Serving size 1/2 Cup	Total Fat 15g	19%	Total Carbohydrate 13g	5%
		Saturated Fat 2g	10%	Dietary Fiber 1g	4%
Calories per serving	250	Trans Fat 0g		Total Sugars 9g	
		Cholesterol 150mg	50%	Includes 0g Added Sugars	0%
		Sodium 730mg	32%	Protein 16g	32%
		Vitamin D 0mcg	0%	Calcium 16mg	2%
		Potassium 61mg	2%	Iron 0.4mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.