



WHATSheATE



BBQ Shrimp, Corn, and Zucchini Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



413 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



0.5 cup barbecue sauce prepared



4 servings boston lettuce



4 servings pepper black freshly ground to taste



0.3 cup apple cider vinegar



4 ears corn



0.5 teaspoon ground cumin



0.3 cup olive oil



2 poblano pepper halved seeded

- ☐ 1.5 pounds shrimp raw with tails deveined peeled
- ☐ 4 servings salt to taste
- ☐ 2 zucchini halved

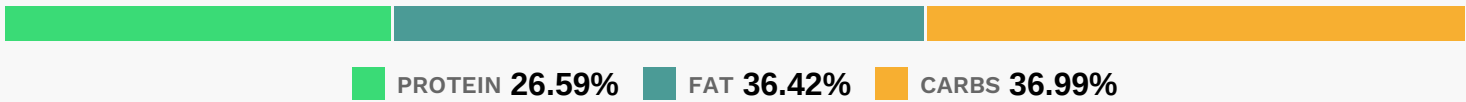
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat (350 to 400).
- ☐ Combine first 4 ingredients in a large bowl; reserve 1/2 cup dressing. Toss shrimp in remaining dressing; set aside.
- ☐ Grill corn, zucchini, and poblano peppers on a greased grill grate, turning occasionally, 8 minutes. Grill shrimp 2 to 3 minutes on each side or until done.
- ☐ Cut corn kernels into a large bowl. Chop zucchini and poblano peppers, and add to bowl. Stir in shrimp. Toss with reserved dressing. Season with salt and pepper to taste; serve over lettuce.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.58, Inflammation Score:-8, Nutrition Score:26.613913074784%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.82mg, Luteolin: 2.82mg, Luteolin: 2.82mg, Luteolin: 2.82mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 413.06kcal (20.65%), Fat: 17.13g (26.36%), Saturated Fat: 2.49g (15.56%), Carbohydrates: 39.15g (13.05%), Net Carbohydrates: 34.98g (12.72%), Sugar: 21.48g (23.86%), Cholesterol: 214.32mg (71.44%), Sodium: 1549.65mg (67.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.15g (56.3%), Vitamin C: 71.77mg (86.99%), Selenium: 51.59µg (73.71%), Phosphorus: 554.76mg (55.48%), Vitamin B6: 0.68mg (33.98%), Vitamin E: 4.89mg

(32.58%), Vitamin B12: 1.89µg (31.47%), Manganese: 0.56mg (28%), Vitamin B3: 5.57mg (27.87%), Potassium: 900.95mg (25.74%), Magnesium: 101.18mg (25.29%), Folate: 101.08µg (25.27%), Copper: 0.48mg (24.03%), Vitamin A: 1007.55IU (20.15%), Vitamin K: 19.37µg (18.45%), Vitamin B1: 0.26mg (17.47%), Zinc: 2.54mg (16.93%), Fiber: 4.18g (16.7%), Vitamin B5: 1.49mg (14.93%), Calcium: 131.85mg (13.18%), Vitamin B2: 0.21mg (12.08%), Iron: 1.92mg (10.69%), Vitamin D: 0.17µg (1.13%)