



Citrus Grilled Shrimp over Greens

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



4

CALORIES



132 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup cherry tomatoes halved
- 2 teaspoons dijon mustard
- 2 teaspoons chives fresh chopped
- 2 teaspoons thyme leaves fresh
- 0.3 teaspoon ground pepper black
- 1 tablespoon juice of lime
- 0.5 teaspoon lime zest finely grated
- 2 teaspoons olive oil

- 0.5 cup orange juice
- 1 pound shrimp raw deveined peeled for presentation (leave tail on)
- 0.5 teaspoon salt
- 6 cups lettuces mixed (any combination Romaine, Bibb, endive, or baby greens)
- 4 servings wooden skewers
- 4 servings wooden skewers

Equipment

- bowl
- whisk
- grill
- stove
- skewers
- grill pan
- wooden skewers

Directions

- Watch how to make this recipe.
- Coat an outdoor grill or stove-top grill pan with cooking spray and preheat to medium-high. Skewer shrimp on metal or wooden skewers or place in a grilling basket. Set aside.
- Zest lime, then slice in half and place on grill.
- In a small bowl, whisk together orange juice, lime juice, oil, mustard, lime zest, salt, and black pepper.
- Remove 3 tablespoons of citrus mixture and brush all over shrimp (reserve remaining mixture to use as a vinaigrette for the greens). Grill shrimp 3 minutes on 1 side. Flip and cook 1 to 3 more minutes, until shrimp are bright pink and cooked through.
- Add thyme and chives to reserved citrus mixture. Arrange lettuce on individual plates. Top lettuce with tomatoes and grilled shrimp. Spoon reserved citrus vinaigrette over top, squeeze juice from grilled lime and serve.

Nutrition Facts

PROTEIN 51.22% FAT 23.11% CARBS 25.67%

Properties

Glycemic Index:59.5, Glycemic Load:1.73, Inflammation Score:-9, Nutrition Score:14.171304339948%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 4.15mg, Hesperetin: 4.15mg, Hesperetin: 4.15mg, Hesperetin: 4.15mg Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 132.46kcal (6.62%), Fat: 3.4g (5.23%), Saturated Fat: 0.44g (2.75%), Carbohydrates: 8.5g (2.83%), Net Carbohydrates: 7.87g (2.86%), Sugar: 3.64g (4.05%), Cholesterol: 142.88mg (47.63%), Sodium: 980.28mg (42.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.96g (33.93%), Selenium: 34.89µg (49.84%), Vitamin C: 41.01mg (49.71%), Phosphorus: 320.61mg (32.06%), Vitamin A: 1203.6IU (24.07%), Vitamin B12: 1.26µg (20.98%), Folate: 59.45µg (14.86%), Copper: 0.29mg (14.46%), Vitamin B6: 0.28mg (14.01%), Vitamin B3: 2.71mg (13.56%), Vitamin E: 2.03mg (13.51%), Potassium: 392.25mg (11.21%), Manganese: 0.21mg (10.57%), Magnesium: 41.86mg (10.46%), Zinc: 1.34mg (8.91%), Calcium: 83.99mg (8.4%), Iron: 1.18mg (6.58%), Vitamin B1: 0.09mg (5.92%), Vitamin B5: 0.55mg (5.51%), Vitamin B2: 0.07mg (4.25%), Vitamin K: 3.95µg (3.76%), Fiber: 0.64g (2.55%)