



Fiery Grilled Shrimp with Honeydew Gazpacho



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 celery heart stalk coarsely chopped
- ☐ 0.5 cucumber english peeled coarsely chopped
- ☐ 1 small fennel bulb coarsely chopped
- ☐ 0.3 cup mint leaves fresh packed plus more for garnish very thinly sliced
- ☐ 0.5 honeydew ripe seeded
- ☐ 2 jalapeños stemmed seeded chopped
- ☐ 1 tablespoon kosher salt plus more to taste
- ☐ 3 tablespoons juice of lime fresh plus more to taste and wedges for serving

- ☐ 4 servings olive oil extra-virgin
- ☐ 4 servings chile flakes red crushed
- ☐ 1 pound shrimp shelled deveined (16- to 20-count)
- ☐ 1 teaspoon sugar plus more to taste
- ☐ 1 thai chile fresh green minced stemmed seeded

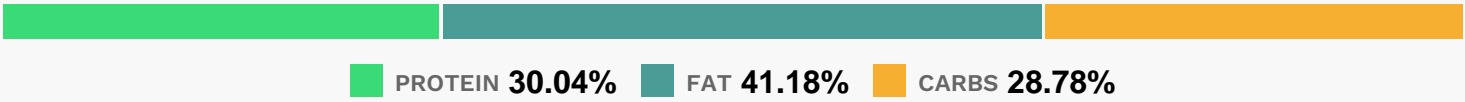
Equipment

- ☐ bowl
- ☐ sieve
- ☐ blender
- ☐ grill
- ☐ skewers

Directions

- ☐ Cut away the honeydew rind and the dark green flesh close to the rind.
- ☐ Cut the honeydew into 1-inch chunks. You should have 4 cups of melon.
- ☐ Put the melon in a blender along with the fennel, celery, cucumber, and jalapeños. Blend on low speed until almost smooth. Strain through a medium-mesh sieve, pressing on the solids to extract as much liquid as possible; discard the solids. Stir in the minced chile, lime juice, salt, and sugar. Taste and adjust seasonings. Cover tightly and refrigerate until very cold.
- ☐ When ready to serve, heat your grill on high until very hot.
- ☐ Sprinkle salt, chile flakes, and the mint all over the shrimp, then gently press in the seasonings.
- ☐ Drizzle a little oil all over the shrimp. Grill the shrimp, flipping once, until just opaque throughout, about 3 minutes. Skewer to serve if desired.
- ☐ Divide the cold soup among cold serving bowls.
- ☐ Serve the hot shrimp on small plates next to the bowls.
- ☐ Drizzle a little oil over the soup and shrimp.
- ☐ Garnish the soup with mint and squirt a little lime juice over the shrimp.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:44.77, Glycemic Load:1.89, Inflammation Score:-7, Nutrition Score:17.255217168642%

Flavonoids

Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 1.75mg,
Eriodictyol: 1.75mg, Eriodictyol: 1.75mg, Eriodictyol: 1.75mg Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin:
1.29mg, Hesperetin: 1.29mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg
Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin:
0.51mg, Luteolin: 0.51mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.68mg, Quercetin: 0.68mg,
Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 318.25kcal (15.91%), Fat: 15.31g (23.56%), Saturated Fat: 2.24g (13.99%), Carbohydrates: 24.09g (8.03%),
Net Carbohydrates: 19.62g (7.13%), Sugar: 17.59g (19.54%), Cholesterol: 182.57mg (60.86%), Sodium: 1974.27mg
(85.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.13g (50.27%), Vitamin C: 51.31mg (62.19%), Vitamin
K: 59.83µg (56.98%), Phosphorus: 310.55mg (31.06%), Potassium: 1052.68mg (30.08%), Copper: 0.57mg (28.72%),
Vitamin E: 3.44mg (22.96%), Vitamin A: 1004.66IU (20.09%), Magnesium: 78.03mg (19.51%), Fiber: 4.47g (17.88%),
Manganese: 0.31mg (15.26%), Folate: 56.13µg (14.03%), Calcium: 134.45mg (13.45%), Zinc: 2mg (13.33%), Vitamin B6:
0.27mg (13.26%), Iron: 2.02mg (11.19%), Vitamin B3: 1.48mg (7.38%), Vitamin B1: 0.09mg (6.04%), Vitamin B5:
0.55mg (5.47%), Vitamin B2: 0.08mg (4.98%), Selenium: 2.11µg (3.01%)