



Greek Orzo and Grilled Shrimp Salad with Mustard-Dill Vinaigrette

READY IN



22 min.

SERVINGS



4

CALORIES



485 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 pound orzo pasta cooked
- ☐ 1 large cucumber seeded sliced quartered
- ☐ 3 tablespoons dijon mustard
- ☐ 0.8 pound feta cheese crumbled
- ☐ 0.3 cup optional: dill fresh chopped for garnish
- ☐ 1 pint grape tomatoes halved
- ☐ 3 green onions thinly sliced
- ☐ 0.5 cup olive oil for brushing shrimp

- ☐ 4 servings salt and pepper freshly ground
- ☐ 16 medium shrimp peeled
- ☐ 0.3 cup citrus champagne vinegar

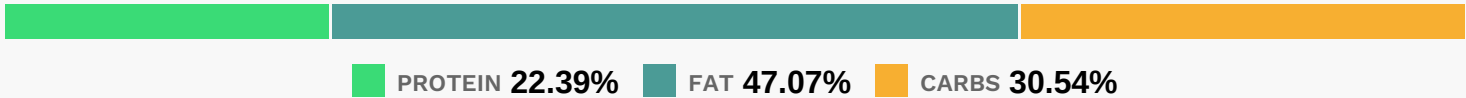
Equipment

- ☐ bowl
- ☐ blender
- ☐ grill

Directions

- ☐ Combine orzo, cucumber, green onions, and tomatoes in a large bowl.
- ☐ Place dill, vinegar, and mustard in a blender and blend until smooth. With the motor running, slowly add the olive oil and blend until emulsified. Season with salt and pepper, to taste.
- ☐ Pour the vinaigrette over the orzo mixture and stir well to combine. Gently fold in the feta cheese.
- ☐ Heat grill to high.
- ☐ Brush shrimp with oil and season with salt and pepper. Grill for approximately 2 minutes per side or until just cooked through. Divide orzo salad among 4 take-out containers or plates and top with 4 shrimp.
- ☐ Garnish with additional dill.

Nutrition Facts



Properties

Glycemic Index:51.88, Glycemic Load:14.43, Inflammation Score:-8, Nutrition Score:24.684782463571%

Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg

0.17mg, Myricetin: 0.17mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 485.03kcal (24.25%), Fat: 25.46g (39.17%), Saturated Fat: 12.32g (77.01%), Carbohydrates: 37.16g (12.39%), Net Carbohydrates: 32.94g (11.98%), Sugar: 4.92g (5.47%), Cholesterol: 140.09mg (46.7%), Sodium: 1347.39mg (58.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.25g (54.51%), Selenium: 39.16µg (55.94%), Calcium: 493.22mg (49.32%), Phosphorus: 483.25mg (48.32%), Vitamin B2: 0.8mg (46.95%), Vitamin K: 37.97µg (36.16%), Vitamin A: 1719.13IU (34.38%), Manganese: 0.6mg (30.13%), Vitamin C: 22.75mg (27.58%), Vitamin B6: 0.55mg (27.57%), Zinc: 3.88mg (25.85%), Vitamin B12: 1.44µg (23.96%), Copper: 0.41mg (20.49%), Magnesium: 76.3mg (19.07%), Potassium: 640.62mg (18.3%), Folate: 71.67µg (17.92%), Fiber: 4.22g (16.88%), Iron: 2.93mg (16.26%), Vitamin B1: 0.24mg (16.09%), Vitamin B5: 1.24mg (12.43%), Vitamin E: 1.73mg (11.54%), Vitamin B3: 2.07mg (10.34%), Vitamin D: 0.34µg (2.27%)