



WHATSheATE



HEALTH SCORE

53%

Grilled Corn Salad with Marinated Shrimp



Gluten Free



Dairy Free

READY IN



100 min.

SERVINGS



4

CALORIES



813 kcal

SIDE DISH

Ingredients

- ☐ 2 cups arugula leaves packed
- ☐ 2 tablespoons canola oil
- ☐ 2 cups cherry tomatoes halved
- ☐ 3 chipotle peppers in adobo
- ☐ 4 servings cilantro leaves
- ☐ 6 ears corn fresh with silks removed husked
- ☐ 2 cloves garlic smashed
- ☐ 1 juice of lemon juiced

- ☐ 1 juice of lime juiced
- ☐ 1 cup olive oil
- ☐ 4 tablespoons olive oil
- ☐ 3.8 tablespoons onion powder
- ☐ 1.5 cups paprika
- ☐ 1 small bell pepper red finely chopped
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 scallions finely chopped
- ☐ 1 pound shrimp deveined peeled
- ☐ 0.8 cup sugar

Equipment

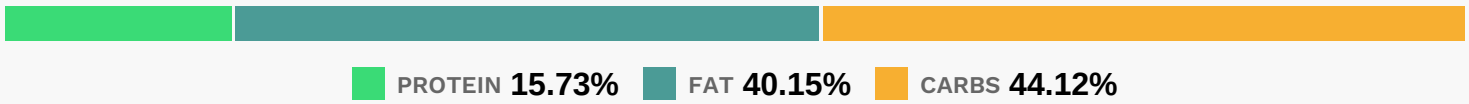
- ☐ food processor
- ☐ bowl
- ☐ whisk
- ☐ mixing bowl
- ☐ blender
- ☐ plastic wrap
- ☐ grill
- ☐ broiler
- ☐ skewers

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: Skewers, if wooden, soak in water for about 20 minutes
- ☐ Blend the garlic, chipotle peppers, lime juice, olive oil and cilantro, to taste, in a food processor or blender.
- ☐ Place the shrimp in a medium bowl, add the marinade and toss to coat. Cover the bowl with plastic wrap and marinate for 20 minutes.

- ☐ Preheat grill to medium-high.
- ☐ Remove the shrimp from the marinade, thread on skewers, and cook on the grill for about 1 to 1 1/2 minutes or until done.
- ☐ Transfer to serving plates and serve with the corn salad alongside.
- ☐ Preheat grill or broiler to medium heat.
- ☐ Rub corn with canola oil and season with salt and pepper. Grill or broil the corn for 7 minutes, turning, or until ears are lightly browned.
- ☐ Remove from grill and allow to cool.
- ☐ Cut the kernels from the cob and place in a large mixing bowl along with the cherry tomatoes, red bell pepper, scallions, and arugula.
- ☐ In a small bowl, prepare dressing by whisking together lemon juice, olive oil, salt, pepper and Neelys BBQ Dry Rub, to taste.
- ☐ Toss the salad with the dressing and serve at room temperature.
- ☐ Mix all ingredients in a bowl and stir until combined. Keep in an airtight container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:68.77, Glycemic Load:27.97, Inflammation Score:-10, Nutrition Score:45.441739455513%

Flavonoids

Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 1.76mg, Hesperetin: 1.76mg, Hesperetin: 1.76mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.67mg, Kaempferol: 3.67mg, Kaempferol: 3.67mg, Kaempferol: 3.67mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 812.66kcal (40.63%), Fat: 39.87g (61.34%), Saturated Fat: 5.41g (33.83%), Carbohydrates: 98.59g (32.86%), Net Carbohydrates: 78.14g (28.41%), Sugar: 54.7g (60.78%), Cholesterol: 182.57mg (60.86%), Sodium: 202.61mg (8.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.15g (70.3%), Vitamin A: 21512.99IU

(430.26%), Vitamin E: 17.54mg (116.97%), Vitamin K: 92.39µg (87.99%), Fiber: 20.45g (81.8%), Vitamin C: 61.15mg (74.12%), Iron: 11.5mg (63.87%), Vitamin B6: 1.19mg (59.62%), Manganese: 1.18mg (58.95%), Potassium: 1948.74mg (55.68%), Phosphorus: 550.58mg (55.06%), Magnesium: 186.79mg (46.7%), Copper: 0.93mg (46.61%), Vitamin B2: 0.64mg (37.61%), Vitamin B3: 7.19mg (35.93%), Folate: 118.69µg (29.67%), Zinc: 4.44mg (29.58%), Vitamin B1: 0.43mg (28.5%), Calcium: 232.7mg (23.27%), Vitamin B5: 2.27mg (22.7%), Selenium: 5.25µg (7.5%)