



Grilled Gazpacho Salad with Shrimp

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



546 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 inch x3x bread country-style
- ☐ 0.5 cup basil fresh thinly sliced
- ☐ 24 cloves garlic separated peeled
- ☐ 2 cups grape tomatoes halved (1 pint)
- ☐ 2 bunches green onions; root whole ends trimmed
- ☐ 6 servings lime wedges
- ☐ 0.8 cup olive oil divided
- ☐ 1 teaspoon pepper sauce hot

- ☐ 8 plum tomatoes firm halved lengthwise
- ☐ 1 bell pepper red cored quartered
- ☐ 0.3 cup red wine vinegar
- ☐ 1.5 pounds shrimp with shells intact* deveined uncooked
- ☐ 1 pound onion sweet cut into 1/2-inch-thick slices (such as Vidalia or Maui)
- ☐ 1 bell pepper yellow cored quartered

Equipment

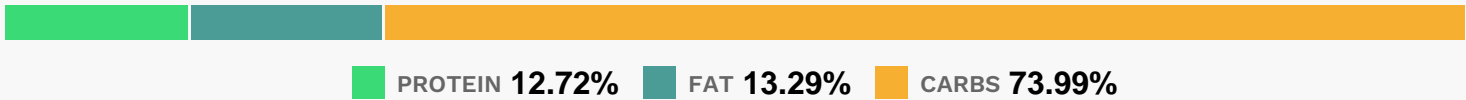
- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Prepare barbecue (medium-high heat). Set aside 2 garlic cloves for bread slices.
- ☐ Place remaining garlic on double layer of heavy-duty foil; drizzle 3 tablespoons olive oil over. Fold up and seal packet.
- ☐ Place directly on grill rack and cook until garlic is very tender and golden, about 30 minutes. Open packet; cool garlic.
- ☐ Toss shrimp (in shells) and 1 tablespoon oil in medium bowl to coat; sprinkle with salt and pepper.
- ☐ Combine plum tomatoes, green onions, sweet onion, both bell peppers, and 2 tablespoons oil in large bowl; toss to coat. Arrange cucumber halves and bread slices on baking sheet; brush with 2 tablespoons oil.
- ☐ Sprinkle all vegetables with salt and pepper. Grill shrimp until just opaque, about 2 1/2 minutes per side; transfer to another bowl and cool. Grill vegetables until crisp-tender, turning frequently, about 3 minutes for plum tomatoes and green onions, 5 minutes for cucumbers, and 15 minutes for sweet onion and bell peppers.
- ☐ Transfer to large rimmed baking sheet. Grill bread slices until just beginning to crisp and grill marks appear, about 2 1/2 minutes per side. Rub bread with reserved garlic cloves, then

- discard garlic cloves.
- ☐ Peel shrimp; transfer to large bowl.
 - ☐ Cut all vegetables and bread into 1/2- to 3/4-inch pieces; add to shrimp along with any accumulated juices. Stir in grilled garlic cloves and grape tomatoes.
 - ☐ Whisk vinegar, hot pepper sauce, and remaining 4 tablespoons oil in small bowl; pour over salad and toss to coat.
 - ☐ Do ahead: Can be made 1 1/2 hours ahead.
 - ☐ Let stand at room temperature.
 - ☐ Stir thinly sliced basil into salad. Season salad to taste with salt and pepper.
 - ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:57.11, Glycemic Load:36.02, Inflammation Score:-9, Nutrition Score:28.939565202464%

Flavonoids

Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 1.08mg, Myricetin: 1.08mg, Myricetin: 1.08mg, Myricetin: 1.08mg Quercetin: 12.85mg, Quercetin: 12.85mg, Quercetin: 12.85mg, Quercetin: 12.85mg

Nutrients (% of daily need)

Calories: 545.53kcal (27.28%), Fat: 8.13g (12.51%), Saturated Fat: 1.28g (8.01%), Carbohydrates: 101.79g (33.93%), Net Carbohydrates: 93.63g (34.05%), Sugar: 11.5g (12.78%), Cholesterol: 0mg (0%), Sodium: 55.65mg (2.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.5g (35.01%), Manganese: 3.75mg (187.48%), Vitamin C: 86.25mg (104.55%), Selenium: 72.71µg (103.88%), Vitamin K: 45.61µg (43.44%), Vitamin A: 1957IU (39.14%), Fiber: 8.15g (32.61%), Phosphorus: 286.79mg (28.68%), Copper: 0.5mg (25.24%), Magnesium: 100.3mg (25.08%), Vitamin B6: 0.48mg (24.11%), Potassium: 816.26mg (23.32%), Folate: 80.25µg (20.06%), Vitamin B3: 3.36mg (16.79%), Iron: 2.97mg (16.52%), Vitamin E: 2.36mg (15.75%), Zinc: 2.16mg (14.4%), Vitamin B1: 0.21mg (14.25%), Calcium: 92.41mg (9.24%), Vitamin B2: 0.15mg (8.81%), Vitamin B5: 0.82mg (8.17%)