



Grilled Parsleyed Shrimp and Vegetables



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



15

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 leaf garnish: flat parsley sprigs fresh
- ☐ 1 cup flat-leaf parsley fresh chopped
- ☐ 1 clove garlic pressed
- ☐ 2 large bell peppers green
- ☐ 3 pounds shrimp fresh unpeeled per pound)
- ☐ 2 lemons halved
- ☐ 16 ounce olive oil-and-vinegar dressing
- ☐ 2 large onions red

☐ 2 large bell peppers yellow

Equipment

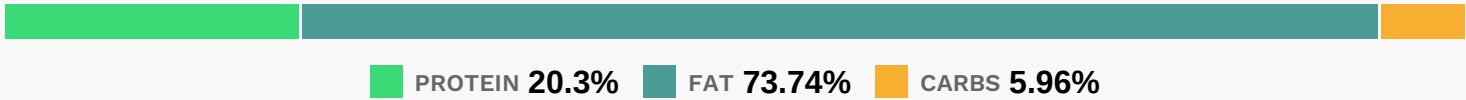
☐ bowl

☐ grill

Directions

- ☐ Peel shrimp, leaving tails on; devein, if desired.
- ☐ Squeeze juice from lemon halves to measure 1/4 cup; set juice aside. Reserve and chill lemon halves for later use.
- ☐ Grill shrimp, covered with grill lid, over medium-high heat (350 to 400°F) to 3 minutes on each side or until shrimp turn pink.
- ☐ Place in a large bowl.
- ☐ Cut each pepper into 4 large pieces; cut each onion horizontally into 3 large slices.
- ☐ Grill vegetables, covered with a grill lid, over medium-high heat (350 to 400°F) to 7 minutes on each side or until bell peppers look blistered and onions are crisp-tender; cut into 2-inch pieces.
- ☐ Add grilled vegetables, chopped parsley, and garlic to shrimp in bowl.
- ☐ Pour vinaigrette and lemon juice over mixture, and stir to coat and combine. Cover and chill 8 hours or overnight.
- ☐ Arrange reserved lemon halves in bottom of a deep serving bowl. Spoon marinated shrimp and vegetable mixture over top of lemon halves.
- ☐ Garnish, if desired.
- ☐ Note: For testing purposes only, we used Newman's Own Olive Oil & Vinegar dressing.

Nutrition Facts



Properties

Glycemic Index:10.43, Glycemic Load:0.66, Inflammation Score:-6, Nutrition Score:14.466956365368%

Flavonoids

Eriodictyol: 3.08mg, Eriodictyol: 3.08mg, Eriodictyol: 3.08mg, Eriodictyol: 3.08mg Hesperetin: 4.02mg, Hesperetin: 4.02mg, Hesperetin: 4.02mg, Hesperetin: 4.02mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 8.79mg, Apigenin: 8.79mg, Apigenin: 8.79mg, Apigenin: 8.79mg Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

Nutrients (% of daily need)

Calories: 367.3kcal (18.37%), Fat: 30.88g (47.51%), Saturated Fat: 4.3g (26.89%), Carbohydrates: 5.62g (1.87%), Net Carbohydrates: 4.23g (1.54%), Sugar: 1.54g (1.71%), Cholesterol: 146.06mg (48.69%), Sodium: 112.9mg (4.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.12g (38.25%), Vitamin C: 77.28mg (93.67%), Vitamin K: 86.58µg (82.45%), Vitamin E: 4.49mg (29.94%), Phosphorus: 213.68mg (21.37%), Copper: 0.41mg (20.67%), Potassium: 395.26mg (11.29%), Magnesium: 41.62mg (10.4%), Vitamin A: 476.56IU (9.53%), Zinc: 1.37mg (9.1%), Calcium: 76.37mg (7.64%), Iron: 1.2mg (6.68%), Vitamin B6: 0.13mg (6.3%), Manganese: 0.12mg (5.94%), Fiber: 1.39g (5.54%), Folate: 19.19µg (4.8%), Vitamin B1: 0.04mg (2.39%), Vitamin B3: 0.41mg (2.06%), Vitamin B2: 0.02mg (1.37%), Vitamin B5: 0.13mg (1.26%)