



Grilled Shrimp and Chorizo Skewers with Piquillo Gazpacho

 Dairy Free

READY IN



18 min.

SERVINGS



4

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounces canned tomatoes diced crushed canned
- ☐ 2 ribs celery from heart chopped
- ☐ 0.8 pound chorizo thick cut into 16 slices on an angle (recommended: gaspar's)
- ☐ 1 handful cilantro leaves generous
- ☐ 4 servings coarse salt
- ☐ 2 slices top thick chopped
- ☐ 0.5 cucumber seedless peeled chopped

- ☐ 1 handful flat-leaf parsley generous
- ☐ 2 cloves garlic
- ☐ 1 tablespoons hot sauce for medium to spicy heat level, adjust to your own taste (recommended: Tabasco)
- ☐ 1 juice of lemon juiced
- ☐ 4 servings olive oil extra-virgin for liberal drizzling
- ☐ 1 jar piquillo red spanish packed drained
- ☐ 1 small onion yellow coarsely chopped
- ☐ 16 extra large to 8 count deveined peeled
- ☐ 16 extra large to 8 count deveined peeled

Equipment

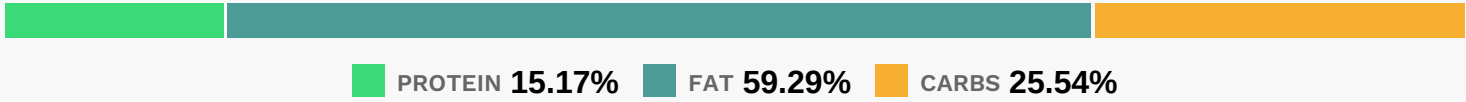
- ☐ food processor
- ☐ bowl
- ☐ blender
- ☐ grill
- ☐ skewers
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Preheat grill or grill pan over medium high heat.
- ☐ Place shrimp in shallow dish and season with salt, lemon juice and a liberal drizzle on extra-virgin olive oil, just enough to coat the shrimp. Skewer 4 shrimp alternating with 4 slices of chorizo on each skewer.
- ☐ Place 2 tablespoons, a palm full, of parsley on the cutting board with the lemon zest.
- ☐ Add 1/2 palm full of cilantro leaves to the pile as well as 1 clove of garlic. Finely chop this mixture and reserve for sprinkling over shrimp and gazpacho.
- ☐ Place remaining herbs and garlic in the food processor or a large blender with peppers, tomatoes, chopped vegetables, bread and hot sauce and process until smooth.

- ☐
- Grill shrimp and chorizo 3 to 4 minutes on each side until shrimp is firm and opaque.
- ☐
- Serve small bowls of gazpacho with shrimp skewers resting across the top of the bowls for dipping and dunking.
- ☐
- Garnish with reserved parsley, cilantro and garlic mixture.

Nutrition Facts



Properties

Glycemic Index:65.38, Glycemic Load:13.4, Inflammation Score:-9, Nutrition Score:15.698695587075%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.74mg, Apigenin: 2.74mg, Apigenin: 2.74mg, Apigenin: 2.74mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg

Nutrients (% of daily need)

Calories: 534.99kcal (26.75%), Fat: 34.91g (53.71%), Saturated Fat: 9.77g (61.07%), Carbohydrates: 33.83g (11.28%), Net Carbohydrates: 29.65g (10.78%), Sugar: 7.96g (8.85%), Cholesterol: 53.16mg (17.72%), Sodium: 1961.52mg (85.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.09g (40.19%), Vitamin C: 53.46mg (64.8%), Vitamin K: 40.34µg (38.41%), Vitamin A: 1826.62IU (36.53%), Iron: 5.03mg (27.96%), Manganese: 0.41mg (20.52%), Vitamin B1: 0.28mg (18.55%), Folate: 69.99µg (17.5%), Fiber: 4.18g (16.73%), Vitamin E: 2.2mg (14.67%), Selenium: 9.92µg (14.17%), Calcium: 134.78mg (13.48%), Vitamin B6: 0.27mg (13.29%), Vitamin B2: 0.2mg (11.69%), Vitamin B3: 2.18mg (10.9%), Copper: 0.2mg (9.94%), Potassium: 323.57mg (9.24%), Magnesium: 30.17mg (7.54%), Phosphorus: 73.79mg (7.38%), Zinc: 0.66mg (4.38%), Vitamin B5: 0.34mg (3.39%)