



Grilled Shrimp-and-Green Bean Salad

 Gluten Free

READY IN



34 min.

SERVINGS



6

CALORIES



307 kcal

SIDE DISH

Ingredients

- ☐ 6 servings basil vinaigrette divided
- ☐ 6 slices bacon crumbled cooked
- ☐ 1.5 pounds green beans fresh trimmed
- ☐ 1.3 cups parmesan cheese shredded
- ☐ 2 pounds shrimp raw peeled
- ☐ 0.8 cup roasted salted chopped
- ☐ 12 inch wooden skewers
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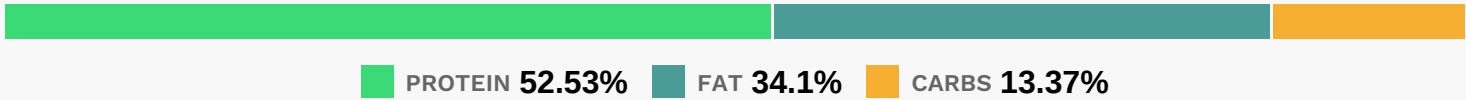
Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Soak wooden skewers in water to cover 30 minutes.
- ☐ Cook green beans in boiling salted water to cover 4 minutes or until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain, pat dry, and place in a large bowl.
- ☐ Combine shrimp and 3/4 cup Basil Vinaigrette in a large zip-top plastic bag; seal and chill 15 minutes, turning occasionally.
- ☐ Remove shrimp from marinade, discarding marinade. Thread shrimp onto skewers.
- ☐ Grill, covered with grill lid, over medium-high heat (350 to 400 degrees F) for 4 to 5 minutes on each side or just until shrimp turn pink.
- ☐ Remove shrimp from skewers; toss with green beans, bacon, Parmesan cheese, almonds, and remaining 3/4 cup Basil Vinaigrette.
- ☐ Serve over hot cornbread, if desired.

Nutrition Facts



Properties

Glycemic Index:23.83, Glycemic Load:2.44, Inflammation Score:-8, Nutrition Score:26.080434467482%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 306.55kcal (15.33%), Fat: 11.54g (17.75%), Saturated Fat: 5.21g (32.54%), Carbohydrates: 10.18g (3.39%), Net Carbohydrates: 7.09g (2.58%), Sugar: 3.88g (4.31%), Cholesterol: 232.17mg (77.39%), Sodium: 1367.55mg (59.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.99g (79.99%), Selenium: 62.69µg (89.56%), Phosphorus: 664.94mg (66.49%), Vitamin K: 57.89µg (55.14%), Calcium: 392.61mg (39.26%), Vitamin B12: 2.18µg (36.38%), Vitamin B6: 0.69mg (34.64%), Vitamin B3: 6.14mg (30.69%), Vitamin A: 1336.62IU (26.73%), Zinc: 3.14mg (20.95%), Magnesium: 82.84mg (20.71%), Vitamin B1: 0.31mg (20.56%), Copper: 0.39mg (19.69%), Vitamin E: 2.6mg (17.32%), Folate: 69.06µg (17.27%), Vitamin C: 14.19mg (17.21%), Vitamin B2: 0.29mg (17.05%), Potassium: 586.99mg (16.77%), Manganese: 0.32mg (16%), Fiber: 3.09g (12.37%), Vitamin B5: 1.14mg (11.38%), Iron: 1.97mg (10.93%), Vitamin D: 0.41µg (2.75%)