



Grilled Shrimp and Spinach Salad

 Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



173 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 oz baby spinach fresh
- ☐ 8 servings basil divided
- ☐ 4 oz goat cheese crumbled
- ☐ 2 mangos peeled sliced
- ☐ 1 cup raspberries fresh
- ☐ 2 pounds shrimp raw peeled ()
- ☐ 1 small onion red halved sliced
- ☐ 12 inch frangelico

☐ 12 inch frangelico

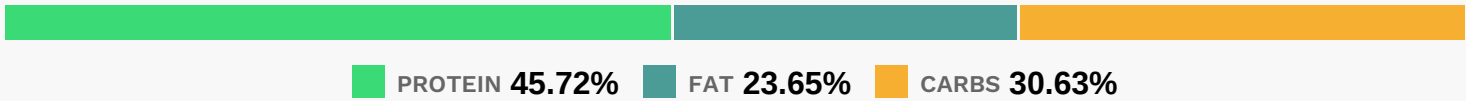
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Soak wooden skewers in water to cover 30 minutes.
- ☐ Meanwhile, preheat grill to 350 to 400 (medium-high) heat. Devein shrimp, if desired.
- ☐ Combine shrimp and 3/4 cup Basil Vinaigrette in a large zip-top plastic freezer bag; seal and chill 15 minutes, turning occasionally.
- ☐ Remove shrimp from marinade, discarding marinade. Thread shrimp onto skewers.
- ☐ Grill shrimp, covered with grill lid, 2 minutes on each side or just until shrimp turn pink.
- ☐ Remove shrimp from skewers.
- ☐ Toss spinach, mangoes, and onion with 1/4 cup Basil Vinaigrette in a large bowl; arrange on a serving platter. Top with grilled shrimp.
- ☐ Sprinkle with crumbled goat cheese and raspberries.
- ☐ Serve with remaining Basil Vinaigrette.
- ☐ Tropical Spinach Salad with Grilled Chicken: Omit skewers. Substitute 2 lb. skinned and boned chicken breasts for shrimp. Prepare recipe as directed, increasing grill time to 4 to 6 minutes on each side or until done.
- ☐ Let chicken stand 10 minutes; slice and serve as directed.
- ☐ Hands-on time: 38 min.; Total time: 1 hr., 8 min., including vinaigrette.

Nutrition Facts



Properties

Glycemic Index:25.84, Glycemic Load:4.29, Inflammation Score:-10, Nutrition Score:25.842608736909%

Flavonoids

Cyanidin: 6.92mg, Cyanidin: 6.92mg, Cyanidin: 6.92mg, Cyanidin: 6.92mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.84mg, Kaempferol: 2.84mg, Kaempferol: 2.84mg, Kaempferol: 2.84mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

Nutrients (% of daily need)

Calories: 172.52kcal (8.63%), Fat: 4.62g (7.11%), Saturated Fat: 2.28g (14.25%), Carbohydrates: 13.46g (4.49%), Net Carbohydrates: 10.46g (3.8%), Sugar: 8.65g (9.61%), Cholesterol: 149.4mg (49.8%), Sodium: 728.89mg (31.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.09g (40.19%), Vitamin K: 217.69µg (207.32%), Vitamin A: 5008.7IU (100.17%), Selenium: 34.8µg (49.72%), Vitamin C: 36.09mg (43.75%), Phosphorus: 350.52mg (35.05%), Folate: 135.12µg (33.78%), Manganese: 0.6mg (30.12%), Copper: 0.45mg (22.47%), Vitamin B12: 1.29µg (21.43%), Vitamin E: 3mg (20%), Vitamin B6: 0.39mg (19.52%), Magnesium: 71.94mg (17.98%), Potassium: 504.68mg (14.42%), Vitamin B3: 2.85mg (14.27%), Calcium: 139.32mg (13.93%), Fiber: 3g (12.02%), Iron: 1.94mg (10.77%), Vitamin B2: 0.18mg (10.7%), Zinc: 1.6mg (10.7%), Vitamin B5: 0.65mg (6.48%), Vitamin B1: 0.09mg (6.14%), Vitamin D: 0.17µg (1.13%)