



Grilled Shrimp and Spinach Salad with Honey Vinaigrette

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



277 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 16 ounce prewashed baby spinach
- 4 ounces belgian endive
- 0.1 teaspoon pepper black freshly ground
- 0.3 teaspoon pepper black freshly ground
- 2 ounces cheese blue crumbled
- 3 tablespoons champagne vinegar
- 1 tablespoon olive oil extravirgin

- 1 teaspoon honey
- 3 tablespoons honey
- 1 teaspoon kosher salt
- 3 tablespoons juice of lemon fresh
- 1 teaspoon lemon rind grated
- 0.1 teaspoon sea salt
- 0.3 cup shallots chopped
- 1 pound shrimp deveined peeled

Equipment

- food processor
- bowl
- blender
- grill

Directions

- Preheat grill.
- Place first 6 ingredients in a blender or food processor; process until smooth.
- Combine juice mixture and shrimp in a plastic zip-top bag; seal. Marinate in refrigerator for 20 minutes, turning bag occasionally.
- Combine vinegar and next 5 ingredients (through 1/8 teaspoon pepper) in a blender or food processor; process for 5 minutes or until smooth.
- Remove shrimp from bag; discard marinade.
- Place shrimp on grill rack coated with cooking spray. Cook 2 minutes on each side or until done.
- Combine spinach and endive in a large bowl.
- Add vinegar mixture, tossing to coat.
- Place 2 1/2 cups spinach mixture on each of 4 plates. Top each serving with 6 shrimp and 2 tablespoons cheese.

Nutrition Facts

PROTEIN 40.95% FAT 26.78% CARBS 32.27%

Properties

Glycemic Index:64.39, Glycemic Load:8.75, Inflammation Score:-10, Nutrition Score:28.915217595256%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Kaempferol: 7.23mg, Kaempferol: 7.23mg, Kaempferol: 7.23mg, Kaempferol: 7.23mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg

Nutrients (% of daily need)

Calories: 277.43kcal (13.87%), Fat: 8.67g (13.33%), Saturated Fat: 3.34g (20.85%), Carbohydrates: 23.49g (7.83%), Net Carbohydrates: 19.48g (7.08%), Sugar: 16.38g (18.2%), Cholesterol: 193.2mg (64.4%), Sodium: 1045.77mg (45.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.82g (59.64%), Vitamin K: 550.59µg (524.37%), Vitamin A: 10752.26IU (215.05%), Folate: 243.31µg (60.83%), Manganese: 1.17mg (58.68%), Vitamin C: 38.98mg (47.25%), Phosphorus: 372.19mg (37.22%), Magnesium: 140.36mg (35.09%), Copper: 0.64mg (31.83%), Potassium: 1106.16mg (31.6%), Calcium: 274.88mg (27.49%), Iron: 4.13mg (22.96%), Vitamin E: 2.87mg (19.12%), Zinc: 2.65mg (17.7%), Vitamin B2: 0.29mg (16.95%), Fiber: 4.02g (16.06%), Vitamin B6: 0.32mg (15.92%), Vitamin B1: 0.12mg (8.15%), Vitamin B3: 1.08mg (5.38%), Selenium: 3.59µg (5.13%), Vitamin B5: 0.43mg (4.34%), Vitamin B12: 0.17µg (2.88%)