



Grilled Shrimp Caesar



Gluten Free



Dairy Free

READY IN



13 min.

SERVINGS



4

CALORIES



128 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 large garlic cloves jarred minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 24 large shrimp raw unpeeled
- ☐ 16 oz complete caesar salad mix fresh with express)
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon paprika smoked

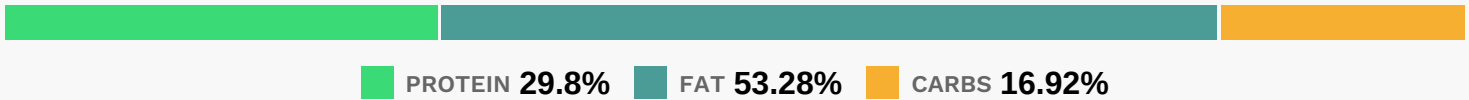
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers
- ☐ metal skewers

Directions

- ☐ Empty lettuce and croutons from salad mix into a bowl; chill. Set salad dressing and Parmesan cheese packets aside.
- ☐ Peel and, if desired, devein shrimp.
- ☐ Combine shrimp and next 6 ingredients in a bowl; toss to coat. Thread shrimp onto 4 (10") metal skewers. Grill over medium-high heat (350 to 400°F)
- ☐ for 3 minutes on each side or just until shrimp turn pink.
- ☐ Remove shrimp from skewers, if desired.
- ☐ Lightly toss salad with desired amount of reserved dressing. Divide salad among individual serving plates. Top each salad with 6 shrimp, and sprinkle with reserved cheese.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.17, Inflammation Score:-8, Nutrition Score:10.553478257812%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 128.23kcal (6.41%), Fat: 7.78g (11.97%), Saturated Fat: 1.06g (6.64%), Carbohydrates: 5.56g (1.85%), Net Carbohydrates: 5.3g (1.93%), Sugar: 0.26g (0.29%), Cholesterol: 75.6mg (25.2%), Sodium: 660.6mg (28.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.79g (19.58%), Vitamin C: 29.68mg (35.98%), Vitamin A: 1643.74IU (32.87%), Selenium: 18.47µg (26.39%), Phosphorus: 195.29mg (19.53%), Folate: 55.17µg (13.79%), Vitamin E: 1.96mg (13.06%), Manganese: 0.23mg (11.74%), Vitamin B12: 0.67µg (11.1%), Vitamin B6: 0.22mg (11.02%), Copper: 0.18mg (8.85%), Vitamin B3: 1.76mg (8.8%), Potassium: 289.78mg (8.28%), Magnesium: 27.61mg (6.9%), Zinc: 0.87mg (5.77%), Iron: 1.03mg (5.73%), Calcium: 52.26mg (5.23%), Vitamin K: 5.03µg (4.79%), Vitamin B2: 0.07mg (4.4%), Vitamin B5: 0.36mg (3.55%), Vitamin B1: 0.05mg (3.51%), Fiber: 0.26g (1.04%)