



Grilled Shrimp Caesar Salad

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



395 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon juice of lemon
- 1 tablespoon vegetable oil
- 0.5 lb shrimp fresh deveined uncooked peeled
- 7.5 oz caesar dressing
- 1 oz parmesan shredded

Equipment

- bowl
- grill

metal skewers

Directions

Heat gas or charcoal grill. In small bowl, mix lemon juice and oil. Onto 4 (12- to 14-inch) metal skewers, thread shrimp.

Carefully oil grill rack.

Place kabobs on grill. Cover grill; cook over medium heat 6 to 10 minutes, turning once and brushing frequently with lemon juice mixture, until shrimp are pink.

Meanwhile, make salad mix as directed on bag.

Add shrimp; toss gently.

Sprinkle with Parmesan cheese.

Serve immediately.

Nutrition Facts

PROTEIN 15.26% **FAT 82.47%** **CARBS 2.27%**

Properties

Glycemic Index:6.75, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:7.0669566302196%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 394.96kcal (19.75%), Fat: 36.25g (55.77%), Saturated Fat: 6.41g (40.08%), Carbohydrates: 2.24g (0.75%), Net Carbohydrates: 1.96g (0.71%), Sugar: 1.64g (1.83%), Cholesterol: 116.84mg (38.95%), Sodium: 824.23mg (35.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.1g (30.19%), Vitamin K: 62.19µg (59.22%), Vitamin E: 2.82mg (18.79%), Phosphorus: 180.92mg (18.09%), Calcium: 145.94mg (14.59%), Copper: 0.23mg (11.49%), Zinc: 1.01mg (6.77%), Magnesium: 24.25mg (6.06%), Iron: 0.93mg (5.17%), Potassium: 175.48mg (5.01%), Selenium: 2.45µg (3.5%), Manganese: 0.04mg (2.04%), Vitamin C: 1.61mg (1.95%), Vitamin B2: 0.03mg (1.73%), Vitamin B12: 0.1µg (1.68%), Vitamin A: 73.65IU (1.47%), Fiber: 0.28g (1.11%), Vitamin B6: 0.02mg (1.07%)