



Grilled Shrimp Gazpacho



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings pepper black freshly ground
- ☐ 0.5 cucumber english cut into pieces
- ☐ 0.3 cup basil fresh loosely packed
- ☐ 1 garlic clove chopped
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.5 bell pepper red cut into pieces
- ☐ 2 servings salt

- ☐ 1 tablespoon seafood seasoning
- ☐ 1 pound shrimp deveined peeled
- ☐ 0.5 small onion sweet cut into pieces
- ☐ 0.5 bell pepper yellow cut into pieces
- ☐ 3 tomatoes yellow seeded cut into pieces

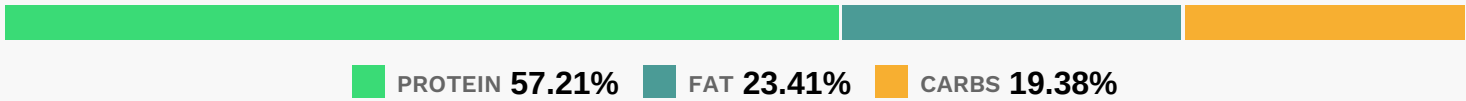
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill

Directions

- ☐ Combine garlic and next 7 ingredients in a food processor; pulse until finely chopped.
- ☐ Transfer to a large bowl.
- ☐ Add tomatoes to food processor, and process until almost smooth. Stir tomatoes into vegetable mixture. Cover and chill until ready to serve.
- ☐ Toss shrimp in olive oil, and sprinkle with salt and pepper. Grill over medium-high heat 3 to 5 minutes or until done.
- ☐ Pour soup into bowls; top with shrimp.
- ☐ Pour: The affordable Chilean Casillero del Diablo Sauvignon Blanc makes a balanced companion to almost any seafood appetizer--and such a nice aperitif you may need an extra bottle for the meal.
- ☐ Another complement to light fare is San Angelo Pinot Grigio from Italy. If you're in the mood to experiment, try Stonehaven Winemakers Selection Riesling from Australia. This dry white exhibits citrus characteristics that pair well with the smoky grilled shrimp.

Nutrition Facts



Properties

Glycemic Index:82, Glycemic Load:0.55, Inflammation Score:-9, Nutrition Score:21.337391122528%

Flavonoids

Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg Quercetin: 12.54mg, Quercetin: 12.54mg, Quercetin: 12.54mg, Quercetin: 12.54mg

Nutrients (% of daily need)

Calories: 322.65kcal (16.13%), Fat: 8.7g (13.38%), Saturated Fat: 1.33g (8.31%), Carbohydrates: 16.19g (5.4%), Net Carbohydrates: 13.77g (5.01%), Sugar: 7.31g (8.12%), Cholesterol: 365.14mg (121.71%), Sodium: 475.23mg (20.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.81g (95.63%), Vitamin C: 108.83mg (131.92%), Phosphorus: 550.45mg (55.05%), Copper: 1.04mg (52.01%), Vitamin K: 46.97µg (44.73%), Potassium: 990.34mg (28.3%), Magnesium: 112.2mg (28.05%), Vitamin A: 1283.47IU (25.67%), Manganese: 0.48mg (23.98%), Zinc: 3.54mg (23.62%), Calcium: 209.15mg (20.91%), Vitamin B6: 0.34mg (16.76%), Iron: 2.77mg (15.4%), Folate: 55.51µg (13.88%), Vitamin E: 1.6mg (10.69%), Fiber: 2.42g (9.68%), Vitamin B1: 0.09mg (6.27%), Vitamin B2: 0.09mg (5.06%), Vitamin B5: 0.47mg (4.67%), Vitamin B3: 0.88mg (4.38%), Selenium: 1.16µg (1.65%)