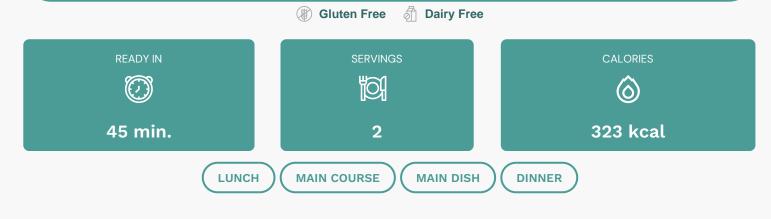


Grilled Shrimp Gazpacho



Ingredients

2	servings pepper black freshly ground
O.	5 cucumber english cut into pieces
O.	.3 cup basil fresh loosely packed
1	garlic clove chopped
3	tablespoons juice of lemon fresh
1 t	tablespoon olive oil
O.	5 bell pepper red cut into pieces
2	servings salt

	PROTEIN 57.21% FAT 23.41% CARBS 19.38%
	Nutrition Facts
	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.
	Pour: The affordable Chilean Casillero del Diablo Sauvignon Blanc makes a balanced companion to almost any seafood appetizerand such a nice aperitif you may need an extra bottle for the meal.
	Pour soup into bowls; top with shrimp.
	Toss shrimp in olive oil, and sprinkle with salt and pepper. Grill over medium-high heat 3 to 5 minutes or until done.
	Add tomatoes to food processor, and process until almost smooth. Stir tomatoes into vegetable mixture. Cover and chill until ready to serve.
	Transfer to a large bowl.
	Combine garlic and next 7 ingredients in a food processor; pulse until finely chopped.
Diı	rections
	grill
	bowl
	food processor
Εq	uipment
	3 tomatoes yellow seeded cut into pieces
	0.5 bell pepper yellow cut into pieces
	0.5 small onion sweet cut into pieces
	1 pound shrimp deveined peeled
	1 tablespoon seafood seasoning

Properties

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 1.1mg, Eriodic

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 %: O% (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%)