



## Grilled Shrimp Greek Salad

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



286 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 pint cherry tomatoes halved
- 0.5 cucumber english cut into 1/2-inch pieces
- 6 oz feta cheese cut into 1/2-inch cubes
- 1 garlic clove minced
- 4 tablespoons juice of lemon fresh
- 4 tablespoons olive oil for brushing
- 1 tablespoon oregano fresh finely chopped
- 2 8-inch wholewheat pita breads ( ) (preferably pocketless)

0.5 small onion red thinly sliced

1 bell pepper yellow

## Equipment

bowl

whisk

grill

skewers

## Directions

Prepare grill for cooking.

Whisk together 2 tablespoons lemon juice, 3 tablespoons oil, half of oregano, half of garlic, and salt and pepper to taste in a large bowl.

Gently stir tomatoes, cucumber, and onion into dressing and let stand at room temperature while grilling.

Whisk together remaining 2 tablespoons lemon juice and remaining oregano and garlic in a large bowl. Stir in shrimp until well coated and marinate at room temperature 10 minutes.

Lightly brush pitas and bell pepper on both sides with some oil and season with salt and pepper. Grill pitas on an oiled rack set 5 to 6 inches over glowing coals until browned and slightly crisp, about 2 minutes on each side, then transfer to a rack to cool (pitas will continue to crisp as they cool).

Grill bell pepper until just softened, about 1 1/2 minutes on each side.

Add remaining tablespoon oil to shrimp and toss to coat. Thread 4 shrimp lengthwise, each facing in same direction (so shrimp will lay flat on grill), on each skewer without crowding. Season shrimp with salt and pepper.

Grill shrimp until just cooked through, about 2 minutes on each side.

Break pitas into bite-size pieces and coarsely chop bell pepper.

Remove shrimp from skewers and gently stir into tomato mixture with pitas, bell pepper, feta, and salt and pepper to taste.

## Nutrition Facts



■ PROTEIN 10.92% ■ FAT 71.13% ■ CARBS 17.95%

## Properties

Glycemic Index:46.5, Glycemic Load:1.07, Inflammation Score:-9, Nutrition Score:16.835652221804%

## Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

## Nutrients (% of daily need)

Calories: 286kcal (14.3%), Fat: 23.49g (36.14%), Saturated Fat: 7.66g (47.88%), Carbohydrates: 13.34g (4.45%), Net Carbohydrates: 11.22g (4.08%), Sugar: 4.59g (5.1%), Cholesterol: 37.85mg (12.62%), Sodium: 503.23mg (21.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.11g (16.23%), Vitamin C: 89.7mg (108.72%), Calcium: 257.88mg (25.79%), Vitamin K: 26.49µg (25.23%), Vitamin B2: 0.42mg (24.62%), Vitamin E: 3.02mg (20.14%), Phosphorus: 201.24mg (20.12%), Vitamin B6: 0.38mg (19.23%), Vitamin A: 879.29IU (17.59%), Manganese: 0.3mg (14.87%), Potassium: 457.46mg (13.07%), Folate: 48.06µg (12.02%), Vitamin B12: 0.72µg (11.98%), Iron: 1.92mg (10.68%), Zinc: 1.59mg (10.62%), Selenium: 7.42µg (10.6%), Vitamin B1: 0.14mg (9.43%), Fiber: 2.12g (8.48%), Copper: 0.17mg (8.41%), Magnesium: 33.14mg (8.28%), Vitamin B5: 0.77mg (7.65%), Vitamin B3: 1.46mg (7.28%), Vitamin D: 0.17µg (1.13%)