



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



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, 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: Og (100%), Alcohol %: 0% (100%), Protein: 8.1g (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%)