



Grilled Shrimp Gumbo Salad

 **Gluten Free**  **Dairy Free**

READY IN



100 min.

SERVINGS



8

CALORIES



192 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2.5 teaspoons cajun spice divided
- 8 servings corn vinaigrette fresh
- 1 bell pepper green quartered
- 32 oz baby heirloom tomatoes cut in half
- 1 pound okra fresh
- 2 tablespoons olive oil divided
- 1 pound shrimp raw unpeeled ()
- 6 slices onion sweet (1/2-inch-thick)

- 72 inch wooden skewers
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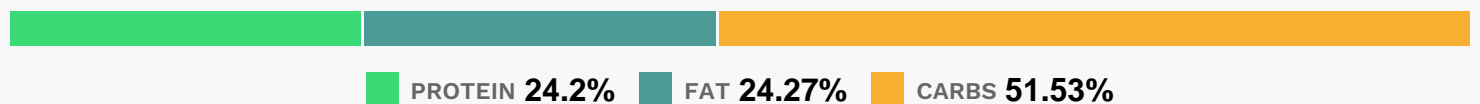
Equipment

- bowl
- grill
- skewers
- wooden skewers

Directions

- Soak wooden skewers in water 30 minutes.
- Preheat grill to 350 to 400 (medium-high) heat. Peel shrimp; devein, if desired.
- Drizzle shrimp with 1 Tbsp. olive oil, and sprinkle with 1/2 tsp. Cajun seasoning. Thread shrimp onto skewers.
- Drizzle okra, onion, and bell pepper with remaining 1 Tbsp. olive oil; sprinkle with remaining 2 tsp. Cajun seasoning.
- Grill okra, covered with grill lid, 4 minutes on each side or until tender. Grill onion slices and bell pepper, covered with grill lid, 6 minutes on each side or until tender. Grill shrimp, covered with grill lid, 2 minutes on each side or just until shrimp turn pink.
- Cut okra in half lengthwise. Coarsely chop bell pepper. Toss together okra, bell pepper, and onion in a large bowl.
- Remove shrimp from skewers, and toss with okra mixture, tomatoes, and Fresh Corn Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:18.81, Glycemic Load:9.93, Inflammation Score:-9, Nutrition Score:19.293478110562%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 14.4mg, Quercetin: 14.4mg, Quercetin: 14.4mg, Quercetin: 14.4mg

Nutrients (% of daily need)

Calories: 192.34kcal (9.62%), Fat: 5.68g (8.73%), Saturated Fat: 0.77g (4.8%), Carbohydrates: 27.13g (9.04%), Net Carbohydrates: 21.54g (7.83%), Sugar: 8.27g (9.18%), Cholesterol: 71.44mg (23.81%), Sodium: 333.11mg (14.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.73g (25.47%), Vitamin C: 45.28mg (54.89%), Vitamin A: 2018.12IU (40.36%), Manganese: 0.76mg (37.86%), Vitamin K: 30.92µg (29.45%), Phosphorus: 267.21mg (26.72%), Selenium: 17.43µg (24.89%), Vitamin B6: 0.47mg (23.56%), Fiber: 5.59g (22.35%), Folate: 83.72µg (20.93%), Potassium: 723.02mg (20.66%), Magnesium: 80.83mg (20.21%), Vitamin B3: 3.69mg (18.46%), Vitamin B1: 0.25mg (16.88%), Vitamin E: 2.33mg (15.51%), Copper: 0.29mg (14.49%), Zinc: 1.61mg (10.73%), Vitamin B5: 1.07mg (10.66%), Vitamin B12: 0.63µg (10.49%), Calcium: 95.81mg (9.58%), Iron: 1.35mg (7.52%), Vitamin B2: 0.12mg (7.17%)