



## Grilled-Shrimp Gyros with Herbed Yogurt Spread

READY IN



45 min.

SERVINGS



4

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 gyro rounds ()
- 1 cucumber thinly sliced
- 0.5 cup feta cheese crumbled
- 2 tablespoons olive oil
- 2 tablespoons greek seasoning
- 1.5 pounds shrimp fresh unpeeled
- 1 large tomatoes chopped
- 4 servings herbed yogurt spread

- 72 inch wooden skewers
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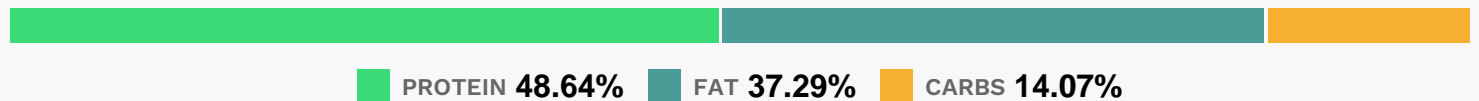
## Equipment

- grill
- ziploc bags
- microwave
- skewers

## Directions

- Peel shrimp, and devein, if desired.
- Combine seasoning and olive oil in a heavy-duty zip-top plastic bag; add shrimp. Seal and chill 30 minutes.
- Soak skewers in water 30 minutes while shrimp marinates; thread shrimp onto skewers.
- Grill, covered with grill lid, over medium heat (300 to 350 degrees F) for about 5 minutes on each side or just until shrimp turn pink.
- Wrap each pita round in a damp cloth; microwave at HIGH 10 to 15 seconds or until soft.
- Spread 1 side of each pita round with Herbed Yogurt
- Spread. Top evenly with shrimp, cheese, tomato, and cucumber; roll up.

## Nutrition Facts



## Properties

Glycemic Index:26, Glycemic Load:0.93, Inflammation Score:-6, Nutrition Score:18.287826050883%

## Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 308.3kcal (15.42%), Fat: 13.15g (20.24%), Saturated Fat: 3.95g (24.71%), Carbohydrates: 11.16g (3.72%), Net Carbohydrates: 6.88g (2.5%), Sugar: 2.82g (3.14%), Cholesterol: 290.67mg (96.89%), Sodium: 448.85mg (19.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.61g (77.22%), Vitamin K: 61.01µg (58.11%), Phosphorus: 473.95mg (47.39%), Copper: 0.8mg (40.09%), Calcium: 340.32mg (34.03%), Manganese: 0.55mg (27.66%), Magnesium: 97.75mg (24.44%), Iron: 4.19mg (23.27%), Potassium: 768.86mg (21.97%), Zinc: 3.25mg (21.65%), Vitamin E: 2.77mg (18.44%), Fiber: 4.28g (17.13%), Vitamin B2: 0.23mg (13.77%), Vitamin A: 638.89IU (12.78%), Vitamin B6: 0.23mg (11.67%), Folate: 43.08µg (10.77%), Vitamin C: 8.81mg (10.68%), Vitamin B1: 0.1mg (6.37%), Vitamin B12: 0.32µg (5.34%), Vitamin B3: 0.97mg (4.87%), Vitamin B5: 0.48mg (4.85%), Selenium: 3.38µg (4.83%)