



Grilled Shrimp Kabobs with Orange Spinach Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 navel oranges
- ☐ 1 pound shrimp frozen thawed deveined uncooked peeled
- ☐ 1 small onion red cut in half
- ☐ 10 ounces pkt spinach fresh
- ☐ 0.8 cup orange juice
- ☐ 0.3 cup olive oil light
- ☐ 0.5 teaspoon ground ginger

- ☐ 1 teaspoon garlic salt
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup spring onion chopped

Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags
- ☐ metal skewers

Directions

- ☐ Cut 2 of the oranges into 8 wedges each. Peel and section remaining 2 oranges; reserve sections.
- ☐ Mix all Orange Marinade and Dressing ingredients; reserve half for dressing. In shallow glass or plastic dish or heavy-duty resealable food-storage plastic bag, place shrimp and remaining marinade. Cover dish or seal bag and refrigerate 15 minutes.
- ☐ Heat coals or gas grill for direct heat.
- ☐ Cut one onion half into wedges; separate into pieces. Thinly slice remaining onion half; separate into pieces and set aside.
- ☐ Remove shrimp from marinade; reserve marinade for basting. Thread shrimp, orange wedges and onion wedges alternately on each of eight 8-inch or four 15-inch metal skewers, leaving space between each piece.
- ☐ Grill kabobs uncovered 4 to 6 inches from medium heat 6 to 8 minutes, turning frequently and brushing with reserved basting marinade, until shrimp are pink and firm. Discard any remaining basting marinade.
- ☐ In large bowl, gently toss spinach, reserved orange sections, reserved thinly sliced onion and reserved dressing.
- ☐ Serve with kabobs.

Nutrition Facts



Properties

Glycemic Index:21.88, Glycemic Load:1.73, Inflammation Score:-10, Nutrition Score:19.150000199028%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 18.09mg, Hesperetin: 18.09mg, Hesperetin: 18.09mg, Hesperetin: 18.09mg Naringenin: 5.47mg, Naringenin: 5.47mg, Naringenin: 5.47mg, Naringenin: 5.47mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.4mg, Kaempferol: 2.4mg, Kaempferol: 2.4mg, Kaempferol: 2.4mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.73mg, Quercetin: 4.73mg, Quercetin: 4.73mg, Quercetin: 4.73mg

Nutrients (% of daily need)

Calories: 187.74kcal (9.39%), Fat: 9.61g (14.78%), Saturated Fat: 1.35g (8.44%), Carbohydrates: 14.13g (4.71%), Net Carbohydrates: 11.41g (4.15%), Sugar: 8.71g (9.68%), Cholesterol: 91.29mg (30.43%), Sodium: 388.36mg (16.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.44g (26.87%), Vitamin K: 183.23µg (174.5%), Vitamin C: 64.56mg (78.25%), Vitamin A: 3574.13IU (71.48%), Folate: 104.16µg (26.04%), Manganese: 0.43mg (21.66%), Phosphorus: 164.21mg (16.42%), Copper: 0.31mg (15.75%), Potassium: 541.45mg (15.47%), Magnesium: 60.48mg (15.12%), Vitamin E: 2.15mg (14.34%), Calcium: 110.13mg (11.01%), Fiber: 2.71g (10.86%), Iron: 1.55mg (8.62%), Vitamin B6: 0.15mg (7.65%), Zinc: 1.06mg (7.05%), Vitamin B1: 0.1mg (6.96%), Vitamin B2: 0.12mg (6.83%), Vitamin B3: 0.69mg (3.46%), Vitamin B5: 0.27mg (2.71%)