



Grilled Shrimp Orange And Watermelon Salad With Peppered Peanuts in A Zesty Citrus Dressing

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



503 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon canola oil
- 0.5 cup dry-roasted peanuts coarsely chopped
- 2 cups edamame green frozen shelled fully cooked thawed (soybeans)
- 0.3 cup basil fresh chopped
- 0.3 cup cilantro leaves fresh chopped
- 1 teaspoon ginger fresh minced

- 2 garlic cloves minced
- 4 green onions thinly sliced
- 0.5 cup hoisin sauce
- 16 jumbo shrimp fresh unpeeled
- 6 ounces torn leaf lettuce red loosely packed
- 0.5 cup juice of lime fresh
- 5 sunkist oranges divided
- 0.5 teaspoon pepper
- 4 servings bell pepper to taste
- 0.3 teaspoon morton salt
- 4 servings morton salt to taste
- 0.5 teaspoon sugar
- 8 ounce watercress
- 2 pounds watermelon red seedless peeled cut into 1/2-inch cubes (4 cups cubes)
- 4 wooden skewers
- 4 wooden skewers

Equipment

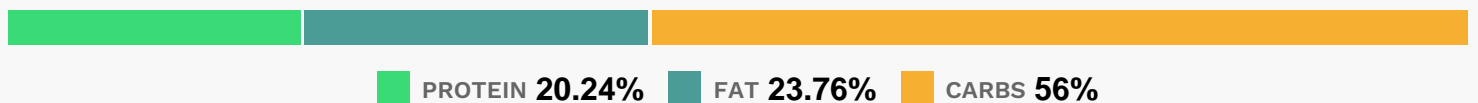
- bowl
- baking sheet
- oven
- grill
- skewers

Directions

- Toss together first 5 ingredients in a small bowl; spread peanut mixture in a single layer on a baking sheet.
- Bake at 400 for 10 to 12 minutes, stirring once. Cool.

- Cook edamame in boiling water to cover 2 minutes or until crisp-tender; drain. Plunge into ice water to stop cooking process; drain and set aside.
- Peel shrimp, leaving tails on; devein, if desired. Thread 4 shrimp onto each skewer. Set aside.
- Peel 4 oranges, and cut each into 6 (1/2-inch-thick) slices; set slices aside.
- Grate remaining orange to equal 1/2 teaspoon grated rind in a small bowl; squeeze juice from orange into bowl.
- Add hoisin sauce and next 3 ingredients to bowl, and stir until blended.
- Remove 2 tablespoons citrus dressing and brush evenly on shrimp. Reserve remaining dressing.
- Coat cold cooking grate with cooking spray, and place on grill over medium-high heat (350 to 400).
- Place shrimp skewers on grate, and grill 2 minutes on each side or just until done. Salt and pepper to taste.
- Arrange lettuce and watercress on 4 serving plates, and top evenly with edamame, orange slices, watermelon, and green onions. Top each salad with 4 shrimp.
- Sprinkle evenly with cilantro, basil, and peanut mixture; drizzle with reserved citrus dressing.
- *2 cups uncooked fresh green shelled soybeans may be substituted for frozen. Boil soybeans in lightly salted water to cover 15 to 20 minutes or until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain. Proceed with recipe as directed.
- Per serving: Calories 494 (34% from fat); Fat 19 g (sat 4g, mono 8g, poly 1g); Protein 2g; Carb 64g; Fiber 4g; Chol 44mg; Iron 5mg; Sodium 871mg*; Calc 263mg.

Nutrition Facts



Properties

Glycemic Index:115.56, Glycemic Load:20.46, Inflammation Score:-10, Nutrition Score:34.943043377088%

Flavonoids

Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 47.34mg, Hesperetin: 47.34mg, Hesperetin: 47.34mg, Hesperetin: 47.34mg Naringenin: 25.2mg, Naringenin: 25.2mg, Naringenin: 25.2mg, Naringenin: 25.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.22mg, Luteolin: 2.22mg, Luteolin: 2.22mg,

Luteolin: 2.22mg Kaempferol: 14.48mg, Kaempferol: 14.48mg, Kaempferol: 14.48mg, Kaempferol: 14.48mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 23.14mg, Quercetin: 23.14mg, Quercetin: 23.14mg, Quercetin: 23.14mg

Nutrients (% of daily need)

Calories: 503.01kcal (25.15%), Fat: 14.28g (21.97%), Saturated Fat: 1.8g (11.23%), Carbohydrates: 75.72g (25.24%), Net Carbohydrates: 62.48g (22.72%), Sugar: 45.53g (50.59%), Cholesterol: 65.43mg (21.81%), Sodium: 1065.18mg (46.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.37g (54.73%), Vitamin C: 239.3mg (290.06%), Vitamin K: 240.47µg (229.02%), Vitamin A: 9271.62IU (185.43%), Manganese: 1.07mg (53.53%), Fiber: 13.24g (52.97%), Potassium: 1685.99mg (48.17%), Folate: 154µg (38.5%), Vitamin B6: 0.64mg (32.18%), Magnesium: 124.98mg (31.25%), Calcium: 304.83mg (30.48%), Copper: 0.59mg (29.68%), Phosphorus: 295.31mg (29.53%), Vitamin B1: 0.41mg (27.58%), Iron: 4.95mg (27.49%), Vitamin B3: 5.12mg (25.6%), Vitamin B2: 0.39mg (22.74%), Vitamin B5: 1.73mg (17.3%), Vitamin E: 2.57mg (17.16%), Zinc: 1.8mg (11.98%), Selenium: 5.28µg (7.55%)