



Grilled Shrimp Panzanella Salad

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



375 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 slices day-old bread 1-inch-thick country-style ()
- ☐ 8 ounces cherry tomatoes red halved
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup kalamata olives pitted coarsely chopped
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt

- ☐ 4 servings salt and pepper freshly ground to taste
- ☐ 0.5 cup sherry vinegar
- ☐ 1 pound shrimp deveined peeled
- ☐ 8 ounces teardrop tomatoes yellow halved

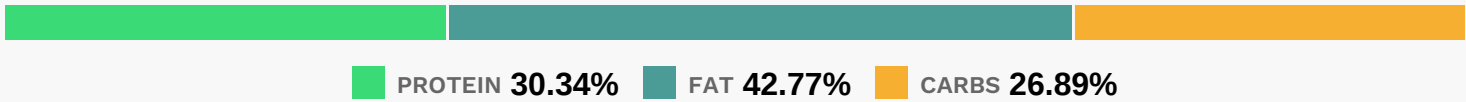
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat (350 to 400).
- ☐ Whisk together first 5 ingredients in a small bowl.
- ☐ Toss shrimp with 2 tablespoons of the vinaigrette. Grill shrimp, covered with grill lid, 2 minutes on each side or until pink. Grill bread slices 1 minute on each side or until toasted.
- ☐ Cut bread into 1-inch cubes.
- ☐ Combine bread, shrimp, tomatoes, olives, and basil in a large bowl; add remaining vinaigrette, and toss well. Season with salt and pepper. Can be refrigerated up to 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:57.17, Glycemic Load:11.39, Inflammation Score:-7, Nutrition Score:15.729999998341%

Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 374.98kcal (18.75%), Fat: 17.9g (27.53%), Saturated Fat: 2.53g (15.79%), Carbohydrates: 25.31g (8.44%), Net Carbohydrates: 22.11g (8.04%), Sugar: 5.38g (5.98%), Cholesterol: 182.57mg (60.86%), Sodium: 860.18mg (37.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.56g (57.12%), Manganese: 0.72mg (36.13%), Phosphorus: 331.36mg (33.14%), Copper: 0.61mg (30.4%), Vitamin C: 21.43mg (25.98%), Vitamin K: 22.85µg (21.76%), Vitamin E: 3.09mg (20.6%), Potassium: 642.25mg (18.35%), Magnesium: 72.05mg (18.01%), Selenium: 12.6µg (18%), Vitamin A: 874.49IU (17.49%), Iron: 2.98mg (16.56%), Vitamin B3: 3.03mg (15.17%), Calcium: 149.54mg (14.95%), Vitamin B1: 0.22mg (14.57%), Zinc: 2.17mg (14.46%), Folate: 52.98µg (13.24%), Fiber: 3.2g (12.8%), Vitamin B2: 0.13mg (7.77%), Vitamin B6: 0.15mg (7.61%), Vitamin B5: 0.48mg (4.8%)