



Grilled Shrimp Salad with Black Eyed Peas and Citrus-Chile Vinaigrette

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

READY IN



105 min.

SERVINGS



10

CALORIES



536 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 ancho chiles seeded
- 2 bay leaves
- 1 pound eyed peas dried black
- 2 chipotle peppers in adobo canned chopped
- 2 tablespoons chili powder
- 2 large handfuls cilantro leaves fresh chopped
- 3 garlic cloves smashed

- 1 tablespoon garlic powder
- 1 chile fresh green halved
- 1 bunch green onions chopped
- 0.3 teaspoon ground cinnamon
- 2 tablespoons ground coriander
- 1 tablespoon ground cumin
- 1 jalapeño thinly sliced
- 0.5 juice of lime juiced
- 10 servings kosher salt and pepper black freshly ground
- 1 lemon zest juiced
- 1 lime zest juiced
- 10 servings olive oil extra-virgin
- 1 orange zest juiced
- 1 tablespoon oregano dried
- 3 pounds shrimp peeled
- 8 ounce ham hocks smoked
- 1 teaspoon sugar
- 1 tablespoon paprika sweet
- 1 vine-ripe tomato seeded chopped
- 3 vine-ripe tomatoes chopped
- 2 quarts water

Equipment

- food processor
- bowl
- frying pan
- pot
- blender
- grill

grill pan

Directions

- Place a 2-gallon stock pot over medium heat.
- Drizzle with 2 tablespoons of olive oil, and add the garlic and green chile, saute until soft, about 3 minutes.
- Add the black eyed peas, ham hocks, bay leaves, and water. Simmer for 45 minutes until the beans are tender, stirring when you think about it. Wait until halfway through cooking to begin seasoning with salt and pepper. You want the flesh of the bean to break down a little bit so it can penetrate the inside.
- Drain the black eyed beans and shred the ham hocks; set them aside to cool.
- To prepare the vinaigrette: Puree the tomato, chipotle, sugar, citrus juices, and zest in a blender until smooth.
- Pour in 1/4 cup of olive oil and puree again until emulsified and slightly thickened.
- Put the butterflied shrimp in a glass bowl and add the ancho powder, lime juice, half of the cilantro, and a drizzle of olive oil; tossing to coat. Marinate for 15 minutes while heating up the grill.
- Place a large grill pan on 2 burners over medium-high heat or preheat an outdoor gas or charcoal barbecue and get it very hot.
- Brush the grates with oil to keep the shrimp from sticking.
- Remove the shrimp from the marinade and season with salt and pepper.
- Lay the shrimp on the hot grill and cook 4 minutes on each side until charred and firm.
- Combine the black eyed peas, shredded ham hock meat, green onions, tomatoes, jalapeno, and the remaining cilantro in a large salad bowl.
- Add the grilled shrimp and vinaigrette; toss the salad well to incorporate all the ingredients and season with salt and pepper.
- This homemade chili powder will add a smoky depth to chili and as a dry rub for steaks. Toast the ancho chile pieces over low heat in a dry skillet until fragrant, shaking the pan so they don't scorch.
- Put the chiles in a mini food processor and pulse to a powder.
- Add the remaining ingredients and buzz again to combine.

Nutrition Facts

PROTEIN 33.79% FAT 35.54% CARBS 30.67%

Properties

Glycemic Index:37.11, Glycemic Load:1.16, Inflammation Score:-10, Nutrition Score:30.554782597915%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 3.02mg, Hesperetin: 3.02mg, Hesperetin: 3.02mg, Hesperetin: 3.02mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 536.37kcal (26.82%), Fat: 21.89g (33.67%), Saturated Fat: 4.34g (27.1%), Carbohydrates: 42.51g (14.17%), Net Carbohydrates: 31.51g (11.46%), Sugar: 10.01g (11.13%), Cholesterol: 243.81mg (81.27%), Sodium: 292.28mg (12.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.83g (93.65%), Vitamin A: 4113.18IU (82.26%), Folate: 305.52µg (76.38%), Phosphorus: 534.84mg (53.48%), Copper: 1.06mg (52.79%), Manganese: 1.04mg (51.77%), Fiber: 11g (43.98%), Magnesium: 160.79mg (40.2%), Iron: 7.1mg (39.42%), Potassium: 1374.87mg (39.28%), Vitamin K: 37.43µg (35.65%), Vitamin B1: 0.44mg (29.24%), Zinc: 3.81mg (25.42%), Vitamin E: 3.81mg (25.42%), Vitamin C: 18.82mg (22.81%), Calcium: 195.09mg (19.51%), Vitamin B6: 0.38mg (19.1%), Vitamin B2: 0.28mg (16.37%), Vitamin B3: 2.55mg (12.74%), Vitamin B5: 0.9mg (9.04%), Selenium: 5.53µg (7.9%)