



Grilled Shrimp Salad with Corn and Avocado

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



472 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 avocado pitted peeled halved cut into 3/4-inch cubes
- ☐ 3 large ears corn husked
- ☐ 2 tablespoons chives fresh chopped
- ☐ 7 ounces lambs lettuce
- ☐ 6 servings olive oil
- ☐ 6 tablespoons orange juice
- ☐ 1.5 teaspoons orange zest finely grated
- ☐ 10 ounce pearl onions red

- ☐ 2 pounds shrimp deveined uncooked peeled
- ☐ 2 teaspoons paprika smoked hot (Pimentn de la Vera)
- ☐ 0.5 teaspoon truffle oil
- ☐ 3.5 tablespoons citrus champagne vinegar
- ☐ 1 slices ciabatta bread 1-inch-thick

Equipment

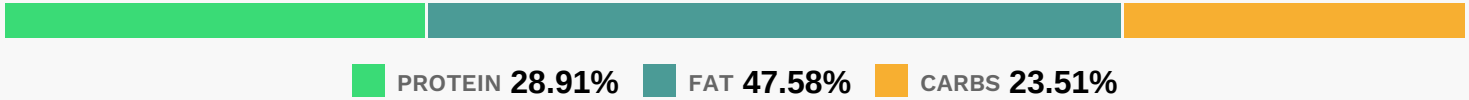
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ skewers

Directions

- ☐ Whisk first 4 ingredients in small bowl to blend.
- ☐ Whisk in olive oil, then truffle oil, if desired. Season with salt and pepper.
- ☐ Bring small saucepan of water to boil.
- ☐ Add pearl onions and boil 3 minutes.
- ☐ Drain; cool onions slightly. Peel onions, leaving root ends intact.
- ☐ Do ahead: Dressing and onions can be made 2 hours ahead. Cover separately and let stand at room temperature.
- ☐ Prepare barbecue (medium heat). Thread onions on skewers; thread shrimp on separate skewers.
- ☐ Place onion skewers, shrimp skewers, corn, and bread slices on 2 large rimmed baking sheets.
- ☐ Brush onions, shrimp, corn, and bread with olive oil, then sprinkle with salt and pepper.
- ☐ Sprinkle shrimp on both sides with smoked paprika. Grill onions and corn until cooked through, about 5 minutes per side; grill bread slices until browned; and grill shrimp until cooked through, about 2 1/2 minutes per side.
- ☐ Transfer vegetables, shrimp, and bread to work surface.

- ☐
- Cut corn kernels off cobs; place corn kernels in very large bowl.
- ☐
- Remove shrimp and onions from skewers and add to bowl.
- ☐
- Add mâche and avocados to bowl. Toss salad with enough dressing to coat. Season to taste with salt and pepper.
- ☐
- Transfer salad to large rimmed platter and serve with bread.
- ☐
- *Available at some supermarkets, Italian markets, and specialty foods stores.
- ☐
- **Available at some supermarkets and specialty foods stores or online from tienda.com.

Nutrition Facts



Properties

Glycemic Index:29.83, Glycemic Load:2.39, Inflammation Score:-9, Nutrition Score:22.10043469201%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.43mg, Isorhamnetin: 2.43mg, Isorhamnetin: 2.43mg, Isorhamnetin: 2.43mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.68mg, Quercetin: 9.68mg, Quercetin: 9.68mg, Quercetin: 9.68mg

Nutrients (% of daily need)

Calories: 472.42kcal (23.62%), Fat: 26.26g (40.4%), Saturated Fat: 3.85g (24.05%), Carbohydrates: 29.2g (9.73%), Net Carbohydrates: 22.08g (8.03%), Sugar: 8.44g (9.37%), Cholesterol: 243.43mg (81.14%), Sodium: 223.07mg (9.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.9g (71.81%), Vitamin A: 2986.1IU (59.72%), Phosphorus: 459.64mg (45.96%), Vitamin C: 37.5mg (45.46%), Copper: 0.83mg (41.75%), Potassium: 1194.73mg (34.14%), Fiber: 7.12g (28.47%), Magnesium: 111.77mg (27.94%), Folate: 104.53µg (26.13%), Vitamin E: 3.71mg (24.76%), Vitamin K: 25.78µg (24.56%), Manganese: 0.46mg (23.1%), Zinc: 3.11mg (20.71%), Vitamin B6: 0.41mg (20.45%), Vitamin B5: 1.57mg (15.7%), Iron: 2.66mg (14.79%), Vitamin B1: 0.22mg (14.65%), Vitamin B3: 2.77mg (13.85%), Calcium: 135.46mg (13.55%), Vitamin B2: 0.18mg (10.76%), Selenium: 1.3µg (1.86%)