



Grilled-Shrimp Salad with Smoky Tomato Vinaigrette

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



263 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.8 cup avocado cubed peeled
- 4 slices day-old bread white french 1-inch-thick firm cut into 1-inch cubes ()
- 1 tablespoon chipotle chile in adobo sauce canned
- 3 tablespoons parsley fresh coarsely chopped
- 1 garlic clove chopped
- 2 teaspoons ground coriander
- 2 tablespoons juice of lemon fresh

- 4 teaspoons olive oil divided
- 0.5 teaspoon pepper divided freshly ground
- 0.5 cup onion red sliced
- 9.5 cups torn romaine lettuce
- 0.5 teaspoon salt divided
- 2 pounds shrimp deveined peeled
- 1 large tomatoes 1-inch-thick cut into slices (12 ounces)
- 1 tablespoon water

Equipment

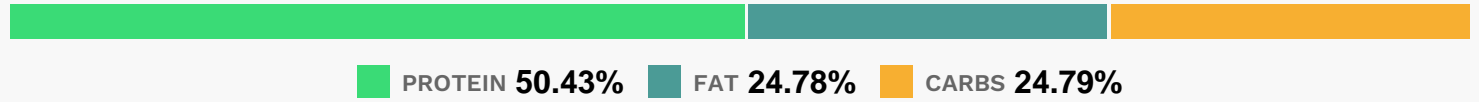
- food processor
- bowl
- baking sheet
- oven
- grill
- aluminum foil
- skewers

Directions

- Preheat oven to 350
- Place bread cubes in a single layer on a baking sheet.
- Bake at 350 for 12 minutes or until toasted. Set aside.
- Brush tomato slices with 1 teaspoon olive oil, and sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- Place tomato slices on a foil-lined baking sheet. Broil 10 minutes on each side or until tomato slices are blackened.
- Combine 3 teaspoons olive oil, 1/4 teaspoon salt, 1/4 teaspoon pepper, tomato slices, parsley, and next 5 ingredients (parsley through garlic) in a food processor, and process until blended. Divide vinaigrette in half. Set aside.
- Thread shrimp onto 6 (12-inch) skewers, and brush with half of vinaigrette. Prepare grill.

- Place kebabs on grill rack coated with cooking spray, and grill 4 minutes on each side or until shrimp are done.
- Remove shrimp from skewers.
- Combine remaining half of vinaigrette, toasted bread cubes, shrimp, lettuce, avocado, and sliced onion in a large bowl; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:42.94, Glycemic Load:5.57, Inflammation Score:-10, Nutrition Score:22.936521799668%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

Nutrients (% of daily need)

Calories: 263.32kcal (13.17%), Fat: 7.49g (11.52%), Saturated Fat: 1.11g (6.92%), Carbohydrates: 16.87g (5.62%), Net Carbohydrates: 12.05g (4.38%), Sugar: 3.76g (4.18%), Cholesterol: 243.43mg (81.14%), Sodium: 473.05mg (20.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.3g (68.6%), Vitamin A: 6932.24IU (138.64%), Vitamin K: 118.27µg (112.63%), Phosphorus: 396.18mg (39.62%), Copper: 0.73mg (36.39%), Folate: 143.43µg (35.86%), Manganese: 0.51mg (25.64%), Potassium: 820.55mg (23.44%), Magnesium: 85.04mg (21.26%), Fiber: 4.82g (19.28%), Vitamin C: 14.92mg (18.09%), Zinc: 2.65mg (17.66%), Calcium: 162.66mg (16.27%), Iron: 2.73mg (15.17%), Vitamin B1: 0.17mg (11.06%), Vitamin B3: 1.85mg (9.24%), Vitamin B6: 0.17mg (8.75%), Selenium: 6.08µg (8.68%), Vitamin B2: 0.14mg (8.01%), Vitamin E: 1.1mg (7.3%), Vitamin B5: 0.58mg (5.82%)