



Grilled Shrimp Skewers with Mustard-Dill Dressing and Black Olive Yogurt Sauce

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings canola oil
- 2 teaspoons dijon mustard
- 2 tablespoons optional: dill fresh chopped
- 2 cloves garlic finely chopped
- 1 cup greek yogurt
- 1 juice of lemon juiced
- 0.3 cup kalamata olives pitted

- 0.3 cup mayonnaise
- 1 tablespoon freshly picked oregano leaves
- 1 teaspoon paprika
- 6 servings salt and pepper black freshly ground
- 1 pound shrimp shelled deveined (21 to 24 count)
- 3 tablespoons citrus champagne vinegar
- 1 teaspoon whole-grain mustard
- 6 inch wooden skewers for 30 minutes
- 6 inch wooden skewers for 30 minutes

Equipment

- food processor
- bowl
- whisk
- grill
- skewers

Directions

- Watch how to make this recipe.
- Heat a grill to high. Thread 3 shrimp onto 2 skewers (so that the shrimp lie flat). Repeat with remaining shrimp.
- Brush with oil and season with paprika and salt and pepper, to taste. Grill until golden brown on both sides and just cooked through, about 1 1/2 minutes per side.
- Whisk together the mayonnaise, white wine vinegar, mustards, and dill in a medium bowl and season with salt and pepper, to taste.
- Put the shrimp on a platter and immediately drizzle with the mustard vinaigrette.
- Combine the yogurt, olives, oregano, lemon juice, and garlic in a food processor and process until combined. Season with salt and pepper, to taste.
- Serve the shrimp with sauce on the side.

Nutrition Facts

PROTEIN 26.19% FAT 69.51% CARBS 4.3%

Properties

Glycemic Index:35.17, Glycemic Load:0.16, Inflammation Score:-7, Nutrition Score:7.5295652173783%

Flavonoids

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: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 288.97kcal (14.45%), Fat: 22.54g (34.67%), Saturated Fat: 2.38g (14.87%), Carbohydrates: 3.14g (1.05%), Net Carbohydrates: 2.31g (0.84%), Sugar: 1.41g (1.57%), Cholesterol: 127.3mg (42.43%), Sodium: 277.84mg (12.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.1g (38.21%), Vitamin K: 30.94µg (29.47%), Phosphorus: 217.06mg (21.71%), Vitamin E: 3.24mg (21.61%), Copper: 0.33mg (16.27%), Calcium: 107.98mg (10.8%), Magnesium: 35.98mg (8.99%), Zinc: 1.28mg (8.52%), Potassium: 287.06mg (8.2%), Selenium: 4.63µg (6.61%), Vitamin B2: 0.11mg (6.38%), Manganese: 0.12mg (6.06%), Iron: 0.95mg (5.3%), Vitamin A: 220.86IU (4.42%), Vitamin B12: 0.24µg (4.08%), Fiber: 0.83g (3.31%), Vitamin C: 2.43mg (2.95%), Vitamin B6: 0.06mg (2.83%), Vitamin B5: 0.17mg (1.66%), Folate: 6.53µg (1.63%), Vitamin B1: 0.02mg (1.34%)