



Grilled Shrimp "Souvlaki"

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



192 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black to taste
- ☐ 0.5 pound cherry tomatoes
- ☐ 1 pound cucumber
- ☐ 3 tablespoons optional: dill fresh divided chopped
- ☐ 2 garlic clove divided minced
- ☐ 6 tablespoons juice of lemon fresh divided
- ☐ 0.8 cup greek yogurt low-fat divided
- ☐ 2 teaspoons olive oil divided for brushing grill

- ☐ 1 tablespoon oregano fresh chopped
- ☐ 1 small onion red
- ☐ 1 pound shrimp deveined peeled
- ☐ 4 frangelico

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ grill pan
- ☐ peeler

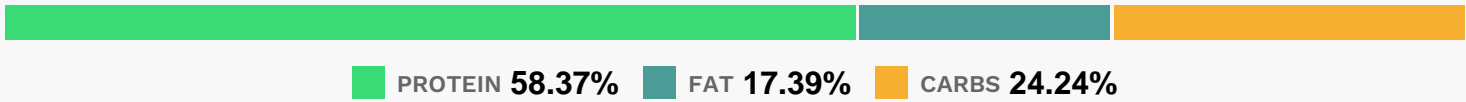
Directions

- ☐ Preheat grill.
- ☐ Rinse shrimp, and pat dry. Stir together 2 tablespoons lemon juice, 1 teaspoon oil, and 1 tablespoon each dill and oregano in a medium bowl.
- ☐ Add the shrimp, and toss to combine. Marinate, stirring occasionally, 10 minutes.
- ☐ Stir together 1/4 cup yogurt, half of garlic, 2 tablespoons lemon juice, and 1 tablespoon dill in a serving bowl. With a vegetable peeler, cut cucumbers into lengthwise ribbons, discarding the largely seeded core. Toss cucumber ribbons with yogurt mixture and pepper, to taste.
- ☐ Combine the remaining 1/2 cup yogurt with remaining 2 tablespoons lemon juice, remaining 1 tablespoon dill, and remaining garlic in a small serving bowl for raita sauce. Season with pepper, to taste.
- ☐ Toss tomatoes and onion with remaining 1 teaspoon olive oil in a bowl. Grill shrimp with tomatoes and onion in a lightly oiled well-seasoned cast-iron skillet or grill pan, turning once, 5 minutes or until shrimp are bright pink and cooked through, tomatoes are softened, and onion is golden brown and tender.
- ☐ Transfer to a plate; cover and keep warm.
- ☐ Grill flatbread until golden brown and slightly crisp.
- ☐ Transfer to 4 serving plates; top evenly with cucumber salad, shrimp, onions, tomatoes, and romaine, if desired.

☐

Serve with raita sauce.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.99, Inflammation Score:-9, Nutrition Score:11.409130407416%

Flavonoids

Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

Nutrients (% of daily need)

Calories: 191.96kcal (9.6%), Fat: 3.82g (5.88%), Saturated Fat: 0.97g (6.03%), Carbohydrates: 11.98g (3.99%), Net Carbohydrates: 9.66g (3.51%), Sugar: 6.47g (7.19%), Cholesterol: 185.03mg (61.68%), Sodium: 162.96mg (7.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.85g (57.7%), Vitamin C: 28.05mg (34%), Copper: 0.59mg (29.75%), Phosphorus: 296.64mg (29.66%), Potassium: 665.85mg (19.02%), Vitamin K: 19.03µg (18.12%), Calcium: 175.71mg (17.57%), Magnesium: 66.59mg (16.65%), Manganese: 0.32mg (16.1%), Zinc: 1.9mg (12.7%), Iron: 1.83mg (10.15%), Fiber: 2.32g (9.28%), Folate: 36.45µg (9.11%), Vitamin B6: 0.18mg (8.92%), Vitamin A: 430.48IU (8.61%), Vitamin E: 0.91mg (6.06%), Vitamin B1: 0.08mg (5.27%), Vitamin B5: 0.43mg (4.32%), Vitamin B2: 0.06mg (3.58%), Vitamin B3: 0.47mg (2.35%), Selenium: 0.83µg (1.19%)