



Grilled Shrimp with Couscous Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



567 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups chicken broth low-sodium homemade canned
- 1.3 cups couscous
- 0.5 teaspoon tarragon dried
- 1 clove garlic halved
- 0.5 teaspoon fresh-ground pepper black
- 2 tablespoons juice of lemon
- 4 servings lemon wedges for serving
- 0.3 cup olive oil

- 1 teaspoon salt
- 2 scallions including tops green chopped
- 2 pounds shrimp shelled
- 0.5 pound tomatoes diced
- 2.5 cups watercress (from a 5-ounce bunch)

Equipment

- bowl
- sauce pan
- grill
- broiler
- skewers
- wooden skewers

Directions

- Light the grill or heat the broiler. In a small saucepan, combine the oil, tarragon, and garlic. Cook over moderately low heat until the garlic just starts to brown, about 3 minutes.
- Remove from the heat, let the oil cool slightly, and then discard the garlic. Thread the shrimp onto metal or wooden skewers and brush with 1 1/2 tablespoons of the tarragon oil.
- In a medium saucepan, bring the broth to a boil with 3/4 teaspoon of the salt. Stir in the couscous. Cover, remove from the heat, and let sit for 5 minutes. In a large glass or stainless-steel bowl, toss the couscous with the watercress, scallions, lemon juice, tomatoes, and the remaining tarragon oil, 1/4 teaspoon salt, and the pepper.
- Meanwhile, grill or broil the shrimp, turning once, until just done, about 5 minutes.
- Serve the shrimp skewers on top of the couscous salad with lemon wedges on the side.
- Test-Kitchen Tip: Wooden skewers are handy for grilling. Just be sure to soak them in water for at least ten minutes before using, or they could burn.
- Wine Recommendation: Shrimp is often best with a full-bodied white wine, but with all the watercress in this salad you'll want some acidity as well. Try a smillon from Washington State or a sauvignon blanc from California.

Nutrition Facts

PROTEIN 39.69% FAT 25.15% CARBS 35.16%

Properties

Glycemic Index:81.13, Glycemic Load:28.07, Inflammation Score:-8, Nutrition Score:21.773912968843%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg 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: 5.03mg, Kaempferol: 5.03mg, Kaempferol: 5.03mg, Kaempferol: 5.03mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 7.39mg, Quercetin: 7.39mg, Quercetin: 7.39mg, Quercetin: 7.39mg

Nutrients (% of daily need)

Calories: 566.71kcal (28.34%), Fat: 15.93g (24.51%), Saturated Fat: 2.41g (15.04%), Carbohydrates: 50.13g (16.71%), Net Carbohydrates: 46.16g (16.78%), Sugar: 2.05g (2.28%), Cholesterol: 365.14mg (121.71%), Sodium: 905.63mg (39.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.57g (113.14%), Vitamin K: 78.57µg (74.83%), Phosphorus: 650.44mg (65.04%), Copper: 1.15mg (57.67%), Manganese: 0.72mg (35.89%), Magnesium: 119.86mg (29.96%), Potassium: 1040.25mg (29.72%), Vitamin C: 21.82mg (26.45%), Zinc: 3.81mg (25.37%), Vitamin A: 1222.82IU (24.46%), Calcium: 205.72mg (20.57%), Vitamin B3: 4.08mg (20.39%), Vitamin E: 2.51mg (16.74%), Fiber: 3.97g (15.9%), Iron: 2.54mg (14.14%), Vitamin B1: 0.14mg (9.47%), Vitamin B6: 0.17mg (8.6%), Vitamin B5: 0.86mg (8.57%), Vitamin B2: 0.13mg (7.49%), Folate: 28.15µg (7.04%), Vitamin B12: 0.12µg (1.97%)