



## Grilled Shrimp with Tomato Olive Salsa

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 large shallots minced
- 2 tablespoons red wine vinegar
- 1 large garlic clove minced
- 4 servings salt and pepper black
- 1 tablespoon capers
- 0.5 cup olives black chopped ()
- 2 pounds plum tomatoes
- 3 tablespoons olive oil extra virgin

- 0.3 cup parsley chopped
- 2 pounds shrimp deveined peeled
- 4 servings salt

## Equipment

- bowl
- knife
- grill
- skewers

## Directions

- Soak the shallots in vinegar:
- Place the minced shallots in a small bowl and add the red wine vinegar. The vinegar will help take the bite out of the raw shallots.
- Blanch and peel the tomatoes: The best way to peel the tomatoes is to score the tips slightly with a sharp knife, drop them into boiling water, let them boil for 1 minute, and then plunge them into a large bowl filled with ice water.
- Remove the tomatoes from the ice water and peel off the outer skin. Seed and dice the tomatoes and put in a large bowl.
- Combine salsa ingredients:
- Add the shallots, minced garlic, capers, black olives, and olive oil to the bowl with the tomatoes.
- Sprinkle with salt and pepper, gently mix the ingredients together and set aside.
- Prepare the shrimp to grill: If you haven't already done so, peel and devein the shrimp. Coat the shrimp with olive oil.
- Sprinkle the shrimp with salt and put them on skewers. We recommend threading the shrimp on two skewers so that the shrimp are easier to flip on the grill.
- Grill the shrimp: Preheat your grill on high direct heat. Clean the grates. Grill the shrimp with the grill cover open for a few minutes on each side, just enough to cook them through.
- Serve: When you are ready to serve, add the parsley to the salsa.
- Serve the salsa with the shrimp.

# Nutrition Facts

PROTEIN 52.06% FAT 35.9% CARBS 12.04%

## Properties

Glycemic Index:32.5, Glycemic Load:2.68, Inflammation Score:-9, Nutrition Score:21.536522046379%

## Flavonoids

Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 2.89mg, Kaempferol: 2.89mg, Kaempferol: 2.89mg, Kaempferol: 2.89mg Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg

## Nutrients (% of daily need)

Calories: 359.74kcal (17.99%), Fat: 14.75g (22.69%), Saturated Fat: 2.1g (13.1%), Carbohydrates: 11.12g (3.71%), Net Carbohydrates: 7.44g (2.71%), Sugar: 6.6g (7.33%), Cholesterol: 365.14mg (121.71%), Sodium: 991.22mg (43.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.12g (96.24%), Vitamin K: 86.53µg (82.41%), Phosphorus: 548.32mg (54.83%), Copper: 1.06mg (53.13%), Vitamin A: 2274.51IU (45.49%), Vitamin C: 36.92mg (44.75%), Potassium: 1191.9mg (34.05%), Magnesium: 110.53mg (27.63%), Zinc: 3.51mg (23.43%), Vitamin E: 3.43mg (22.86%), Manganese: 0.38mg (18.81%), Calcium: 187.04mg (18.7%), Fiber: 3.68g (14.73%), Iron: 2.32mg (12.91%), Vitamin B6: 0.22mg (11.07%), Folate: 42.83µg (10.71%), Vitamin B3: 1.47mg (7.34%), Vitamin B1: 0.1mg (6.42%), Vitamin B2: 0.05mg (3.11%), Vitamin B5: 0.24mg (2.44%)