



Herb Grilled Shrimp and Wilted Spinach with Fennel



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 ounce baby spinach
- ☐ 2 teaspoons fennel seeds
- ☐ 2 tablespoons herbs mixed roughly chopped (parsley, thyme, mint, marjoram)
- ☐ 2 tablespoons juice of lemon
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 0.5 teaspoon cracked pepper black
- ☐ 2 teaspoons salt

- ☐ 3 pounds shrimp deveined peeled
- ☐ 8 inch wooden skewers
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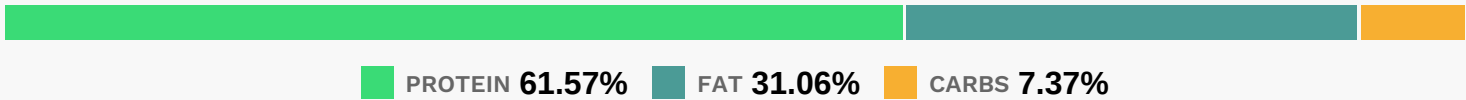
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ broiler
- ☐ skewers

Directions

- ☐ In a large bowl, combine 3 tablespoons of oil, lemon juice, herbs, salt, pepper, and shrimp. Cover and refrigerate for 20 to 30 minutes.
- ☐ Soak skewers in warm water at least 20 minutes while shrimp is marinating.
- ☐ Heat remaining oil in a large skillet over low heat and wilt spinach with fennel seeds, about 3 to 4 minutes (do in two batches if necessary).
- ☐ Remove skillet from heat and cover to keep warm.
- ☐ Heat broiler or grill.
- ☐ Remove shrimp from marinade and thread onto skewers. Broil or grill the shrimp until just done, about 5 to 6 minutes.
- ☐ Serve shrimp and spinach with the beans.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.51, Inflammation Score:-10, Nutrition Score:27.05086942341%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Kaempferol: 6.78mg, Kaempferol: 6.78mg, Kaempferol: 6.78mg, Kaempferol: 6.78mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg

Nutrients (% of daily need)

Calories: 233.89kcal (11.69%), Fat: 8.37g (12.88%), Saturated Fat: 1.21g (7.57%), Carbohydrates: 4.47g (1.49%), Net Carbohydrates: 1.88g (0.69%), Sugar: 0.54g (0.6%), Cholesterol: 273.86mg (91.29%), Sodium: 868.43mg (37.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.35g (74.7%), Vitamin K: 519.97µg (495.21%), Vitamin A: 9996.71IU (199.93%), Manganese: 1.07mg (53.3%), Folate: 207.35µg (51.84%), Phosphorus: 419.31mg (41.93%), Copper: 0.81mg (40.66%), Vitamin C: 31.52mg (38.21%), Magnesium: 146.22mg (36.55%), Potassium: 1057.93mg (30.23%), Calcium: 222.18mg (22.22%), Iron: 3.93mg (21.85%), Vitamin E: 3.18mg (21.18%), Zinc: 2.87mg (19.13%), Vitamin B2: 0.2mg (11.99%), Vitamin B6: 0.21mg (10.63%), Fiber: 2.59g (10.35%), Vitamin B1: 0.09mg (5.74%), Vitamin B3: 0.81mg (4.05%), Selenium: 1.08µg (1.54%)