



Lemony Grilled Shrimp Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



286 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 avocado diced peeled
- ☐ 6 cups baby arugula
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 cup jicama peeled cut into 2 x 1/4-inch strips
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest grated
- ☐ 7 teaspoons olive oil extra virgin extra-virgin divided

- ☐ 0.3 cup queso fresco crumbled
- ☐ 1 pound shrimp deveined peeled
- ☐ 0.5 teaspoon paprika smoked
- ☐ 0.3 teaspoon sugar
- ☐ 1 tablespoon citrus champagne vinegar

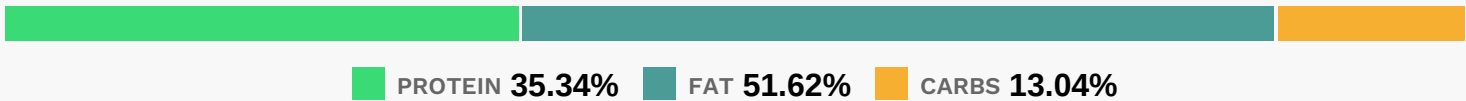
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ skewers

Directions

- ☐ Preheat grill to high heat.
- ☐ Combine rind, paprika, 1/4 teaspoon salt, 1/4 teaspoon pepper, 1 teaspoon oil, and shrimp in a medium bowl. Thread 4 shrimp onto each of 6 (10-inch) skewers. Coat grill rack with cooking spray. Grill shrimp 2 minutes on each side or until done.
- ☐ Remove shrimp from skewers.
- ☐ Combine shrimp, arugula, jicama, and avocado in a large bowl; toss gently.
- ☐ Combine remaining 2 tablespoons oil, remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, lemon juice, vinegar, and sugar in a small bowl, stirring with a whisk.
- ☐ Add juice mixture to shrimp mixture, and toss gently to coat. Divide the salad among 4 large plates; sprinkle evenly with queso fresco.

Nutrition Facts



Properties

Glycemic Index:51.02, Glycemic Load:0.97, Inflammation Score:-7, Nutrition Score:15.046956679095%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg Kaempferol: 10.47mg, Kaempferol: 10.47mg, Kaempferol: 10.47mg, Kaempferol: 10.47mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 286.44kcal (14.32%), Fat: 17.07g (26.26%), Saturated Fat: 3.18g (19.87%), Carbohydrates: 9.71g (3.24%), Net Carbohydrates: 3.99g (1.45%), Sugar: 2.22g (2.46%), Cholesterol: 187.83mg (62.61%), Sodium: 496.61mg (21.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.29g (52.58%), Vitamin K: 48.25µg (45.95%), Phosphorus: 321.81mg (32.18%), Copper: 0.59mg (29.38%), Vitamin C: 20.3mg (24.61%), Fiber: 5.72g (22.87%), Potassium: 732.31mg (20.92%), Vitamin A: 979IU (19.58%), Folate: 76.03µg (19.01%), Magnesium: 75.72mg (18.93%), Calcium: 177.61mg (17.76%), Vitamin E: 2.44mg (16.29%), Zinc: 2.25mg (15.02%), Manganese: 0.26mg (13.24%), Iron: 1.66mg (9.24%), Vitamin B5: 0.92mg (9.23%), Vitamin B6: 0.18mg (9.09%), Vitamin B2: 0.12mg (7.01%), Vitamin B3: 1.07mg (5.36%), Vitamin B1: 0.06mg (4%), Selenium: 2.03µg (2.91%), Vitamin B12: 0.13µg (2.13%), Vitamin D: 0.21µg (1.37%)