



Mint Marinated Grilled Shrimp Tabbouleh Salad

 Dairy Free

READY IN



145 min.

SERVINGS



4

CALORIES



418 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup baby arugula leaves
- ☐ 0.5 cup coarsely cracked bulgur
- ☐ 0.3 cup canola oil
- ☐ 3 tablespoons mint leaves fresh chopped
- ☐ 3 tablespoons mint leaves fresh finely chopped for garnish
- ☐ 1 clove garlic chopped
- ☐ 2 large green onions thinly sliced

- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.3 cup olive oil
- ☐ 4 servings salt
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 pound shrimp shelled deveined (20 to 24 size)
- ☐ 1.5 cups water boiling

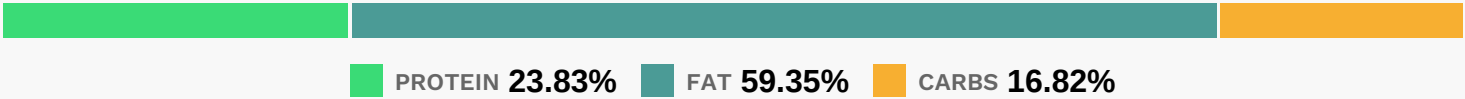
Equipment

- ☐ bowl
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ grill

Directions

- ☐ Place bulgur in a bowl and pour the boiling water over. Cover with plastic wrap and let stand until bulgur is tender and most of the water is absorbed, about 1 to 2 hours.
- ☐ Drain off any excess liquid from the bulgur and stir in the arugula, green onions and mint.
- ☐ Whisk together the lemon juice, garlic and oil and season with salt and pepper.
- ☐ Pour the mixture over the bulgur and season with salt and pepper.
- ☐ Transfer tabbouleh to a platter and top with the grilled shrimp.
- ☐ Garnish with fresh mint leaves.
- ☐ Combine juice, mint, oil and pepper in a blender and blend until smooth.
- ☐ Place shrimp in a bowl, pour marinade over and stir to coat evenly in the marinade. Marinate for 10 minutes.
- ☐ Heat grill to high. Season shrimp with salt and grill for 1 to 2 minutes per side or until slightly charred and just cooked through.

Nutrition Facts



Properties

Glycemic Index:51.25, Glycemic Load:5.05, Inflammation Score:-6, Nutrition Score:13.961304164451%

Flavonoids

Eriodictyol: 3.39mg, Eriodictyol: 3.39mg, Eriodictyol: 3.39mg, Eriodictyol: 3.39mg Hesperetin: 4.33mg, Hesperetin: 4.33mg, Hesperetin: 4.33mg, Hesperetin: 4.33mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 418.34kcal (20.92%), Fat: 28.49g (43.83%), Saturated Fat: 3.09g (19.28%), Carbohydrates: 18.17g (6.06%), Net Carbohydrates: 13.8g (5.02%), Sugar: 1.09g (1.21%), Cholesterol: 182.57mg (60.86%), Sodium: 342.38mg (14.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.74g (51.48%), Vitamin K: 48.88µg (46.55%), Manganese: 0.74mg (36.87%), Phosphorus: 312.06mg (31.21%), Vitamin E: 4.55mg (30.32%), Copper: 0.57mg (28.3%), Magnesium: 82.24mg (20.56%), Vitamin C: 15.97mg (19.36%), Fiber: 4.37g (17.47%), Potassium: 501.71mg (14.33%), Zinc: 2.05mg (13.65%), Calcium: 120.23mg (12.02%), Vitamin A: 543.56IU (10.87%), Iron: 1.78mg (9.88%), Folate: 29.54µg (7.38%), Vitamin B3: 1.14mg (5.72%), Vitamin B6: 0.1mg (5.13%), Vitamin B1: 0.06mg (4.3%), Vitamin B2: 0.06mg (3.48%), Vitamin B5: 0.28mg (2.8%)