



Mint-Marinated Shrimp with Tabbouleh, Tomatoes, and Feta

READY IN



45 min.

SERVINGS



4

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup arugula finely chopped
- ☐ 2 cups coarsely cracked bulgur
- ☐ 2 teaspoons coarse kosher salt divided
- ☐ 3 ounces feta cheese crumbled
- ☐ 6 tablespoons mint leaves fresh divided chopped
- ☐ 1 garlic clove minced
- ☐ 2 green onions chopped
- ☐ 0.5 cup juice of lemon fresh

- ☐ 0.3 cup olive oil
- ☐ 3 plum tomatoes seeded coarsely chopped
- ☐ 20 large shrimp with tails intact deveined cooked peeled
- ☐ 1.5 cups water

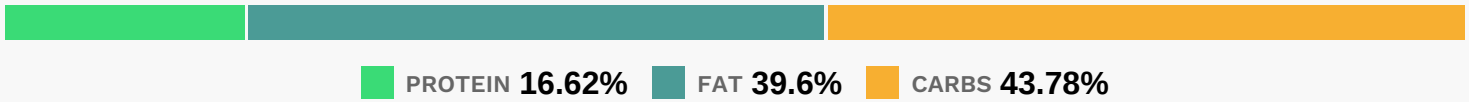
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Stir bulgur, 1 1/2 cups water, 1/2 cup lemon juice, and 1/3 cup oil in large bowl.
- ☐ Let stand until bulgur is tender and most liquid is absorbed, about 2 hours.
- ☐ Meanwhile, whisk together remaining 2 tablespoons lemon juice, 2 tablespoons oil, 3 tablespoons mint, and 1/2 teaspoon salt in medium bowl.
- ☐ Mix in shrimp. Marinate 30 minutes, stirring occasionally.
- ☐ Drain off any excess liquid from bulgur.
- ☐ Mix in tomatoes, arugula, feta, green onions, garlic, remaining 3 tablespoons mint, and 1 1/2 teaspoons salt. Season salad to taste with pepper.
- ☐ Mound salad in large shallow bowl or on individual plates. Spoon shrimp and dressing over and serve.
- ☐ *Also called cracked wheat; available at supermarkets, specialty foods stores, and natural foods stores.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:19.82, Inflammation Score:-8, Nutrition Score:23.650434797225%

Flavonoids

Eriodictyol: 3.81mg, Eriodictyol: 3.81mg, Eriodictyol: 3.81mg, Eriodictyol: 3.81mg Hesperetin: 5.18mg, Hesperetin: 5.18mg, Hesperetin: 5.18mg, Hesperetin: 5.18mg Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg 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: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 521.36kcal (26.07%), Fat: 24.03g (36.96%), Saturated Fat: 5.57g (34.83%), Carbohydrates: 59.74g (19.91%), Net Carbohydrates: 45.47g (16.54%), Sugar: 2.48g (2.75%), Cholesterol: 99.42mg (33.14%), Sodium: 1488.04mg (64.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.69g (45.38%), Manganese: 2.33mg (116.7%), Fiber: 14.27g (57.09%), Phosphorus: 412.4mg (41.24%), Magnesium: 152.76mg (38.19%), Vitamin K: 31.38µg (29.89%), Vitamin C: 22.3mg (27.03%), Copper: 0.52mg (25.9%), Vitamin B3: 4.27mg (21.33%), Vitamin B6: 0.41mg (20.26%), Vitamin E: 3.01mg (20.09%), Calcium: 199.27mg (19.93%), Zinc: 2.87mg (19.11%), Vitamin A: 923.01IU (18.46%), Potassium: 645.69mg (18.45%), Vitamin B2: 0.3mg (17.71%), Iron: 2.9mg (16.11%), Vitamin B1: 0.23mg (15.45%), Folate: 53.62µg (13.4%), Vitamin B5: 1.06mg (10.64%), Selenium: 4.98µg (7.12%), Vitamin B12: 0.36µg (5.99%)