



Shrimp and Watermelon Skillet

READY IN



45 min.

SERVINGS



4

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 large cucumber peeled chopped
- ☐ 2 ounces feta cheese crumbled
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 2 lime cut into wedges
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 8-inch wholewheat pita breads whole-wheat cut into 8 triangles (es each)
- ☐ 0.3 teaspoon salt (preferably kosher)

- ☐ 0.5 cup shallots sliced
- ☐ 12 ounces shrimp shelled deveined
- ☐ 4 cups seeded/seedless watermelon seedless cubed (1 inch)

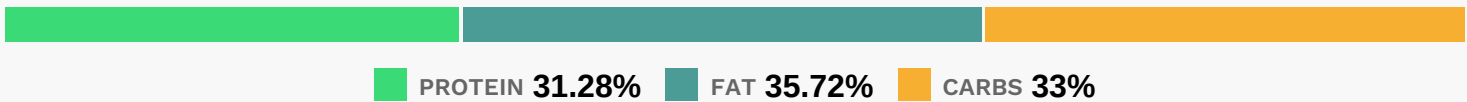
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 450°F. On a baking sheet, toast pitatriangles, turning once, until crisp and brown, 3 to5 minutes each side. In a large skillet, heat oil over highheat. Cook shrimp and shallots, stirring, until shrimpis pink and shallots are crisp, 2 to 4 minutes; transferto a bowl. In same skillet, cook watermelon and 1/4 cupwater over high heat, stirring, until liquid becomessyrupy, about 3 minutes.
- ☐ Remove skillet from heat;add shrimp mixture, salt and pepper; stir. Divideshrimp–watermelon mixture (warm or chilled) among4 plates; add cucumber and feta.
- ☐ Sprinkle with dill andmint.
- ☐ Serve with 4 pita pieces each and lime wedges.
- ☐ Per serving: 307 calories, 12 grams fat, 3 grams saturated,36 grams carbohydrates, 4 grams fiber, 19 grams protein
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:80.67, Glycemic Load:10.73, Inflammation Score:-8, Nutrition Score:12.774782610976%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 14.66mg, Hesperetin: 14.66mg, Hesperetin: 14.66mg, Hesperetin: 14.66mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 260.6kcal (13.03%), Fat: 10.95g (16.85%), Saturated Fat: 2.99g (18.7%), Carbohydrates: 22.77g (7.59%), Net Carbohydrates: 19.54g (7.11%), Sugar: 13.28g (14.76%), Cholesterol: 149.54mg (49.85%), Sodium: 419.02mg (18.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.58g (43.16%), Vitamin C: 27.63mg (33.49%), Phosphorus: 287.61mg (28.76%), Copper: 0.51mg (25.48%), Vitamin A: 1115.35IU (22.31%), Potassium: 649.76mg (18.56%), Calcium: 174.38mg (17.44%), Magnesium: 66.74mg (16.68%), Vitamin B6: 0.28mg (14.24%), Manganese: 0.28mg (14.03%), Zinc: 2.01mg (13.4%), Fiber: 3.23g (12.92%), Vitamin B2: 0.19mg (11.15%), Iron: 1.81mg (10.05%), Vitamin K: 10.3µg (9.81%), Folate: 34.92µg (8.73%), Vitamin B1: 0.13mg (8.34%), Vitamin B5: 0.81mg (8.12%), Vitamin E: 1.22mg (8.12%), Selenium: 3.3µg (4.71%), Vitamin B12: 0.24µg (3.99%), Vitamin B3: 0.62mg (3.11%)