



Shrimp-Salad Pitas

READY IN



30 min.

SERVINGS



4

CALORIES



409 kcal

Ingredients

- ☐ 8 bibb lettuce leaves
- ☐ 1 medium carrots grated
- ☐ 1 kirby cucumber halved lengthwise seeded thinly sliced
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 0.5 cup greek yogurt 2%
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 1 optional: lemon
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 teaspoon paprika hot
- ☐ 4 pitas whole-wheat

- ☐ 0.5 small onion red finely chopped
- ☐ 1.5 pounds shrimp deveined peeled halved

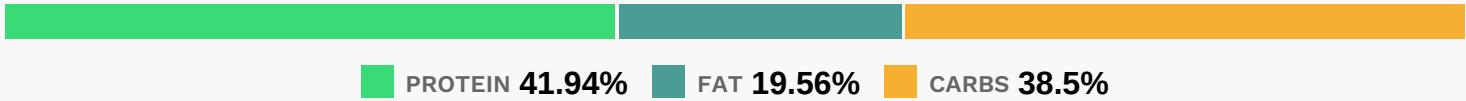
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat the broiler. Soak the chopped onion in a bowl of cold water while you prepare the shrimp.
- ☐ Toss the shrimp with the olive oil, paprika, 1/4 teaspoon salt, and pepper to taste on a rimmed baking sheet.
- ☐ Spread in an even layer and broil until the shrimp are opaque, about 4 minutes.
- ☐ Transfer to a bowl and let cool. Wash and dry the baking sheet.
- ☐ Drain the onion and add to the shrimp along with the yogurt, carrot, cucumber, dill, and salt and pepper to taste. Grate in 1 teaspoon lemon zest and squeeze in about half of the lemon juice.
- ☐ Lay the pitas on the baking sheet and toast under the broiler.
- ☐ Cut the pitas in half and fill with the lettuce and shrimp salad.
- ☐ Photographs by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:60.33, Glycemic Load:30.45, Inflammation Score:-10, Nutrition Score:19.702173792798%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.54mg,

Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

Nutrients (% of daily need)

Calories: 408.94kcal (20.45%), Fat: 8.98g (13.82%), Saturated Fat: 1.3g (8.14%), Carbohydrates: 39.79g (13.26%), Net Carbohydrates: 36.2g (13.16%), Sugar: 4.14g (4.6%), Cholesterol: 275.11mg (91.7%), Sodium: 720.35mg (31.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.34g (86.67%), Vitamin A: 3733.33IU (74.67%), Phosphorus: 492.47mg (49.25%), Copper: 0.85mg (42.29%), Vitamin K: 42.57µg (40.55%), Manganese: 0.49mg (24.48%), Vitamin C: 19.82mg (24.03%), Potassium: 837.59mg (23.93%), Magnesium: 95.61mg (23.9%), Calcium: 221.96mg (22.2%), Zinc: 3.16mg (21.05%), Vitamin B1: 0.22mg (14.9%), Fiber: 3.59g (14.37%), Iron: 2.56mg (14.22%), Folate: 56.34µg (14.09%), Vitamin B2: 0.18mg (10.78%), Vitamin E: 1.3mg (8.69%), Vitamin B6: 0.16mg (8.13%), Vitamin B3: 1.61mg (8.03%), Vitamin B5: 0.65mg (6.47%), Selenium: 2.94µg (4.2%), Vitamin B12: 0.17µg (2.92%)