



Shrimp Salad with Blood Oranges and Slivered Fennel



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



209 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup blood orange juice fresh (1 orange)
- ☐ 3 slices blood oranges peeled thin
- ☐ 2 cups fennel bulb thinly sliced (1 small)
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons olive oil extra-virgin divided

☐ 0.5 teaspoon sea salt divided

Equipment

☐ whisk

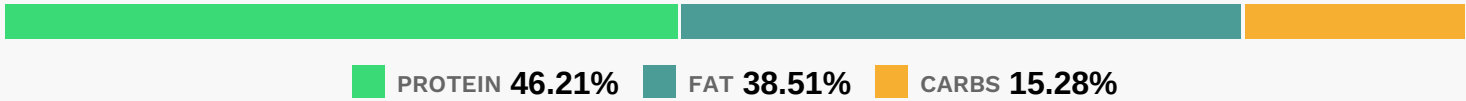
☐ grill

☐ skewers

Directions

- ☐ Combine orange juice, lemon juice, 1 1/2 tablespoons oil, 1/4 teaspoon salt, and pepper, stirring well with a whisk.
- ☐ Prepare grill to medium-high heat.
- ☐ Combine shrimp, remaining 1 1/2 teaspoons oil, and remaining 1/4 teaspoon salt; toss to coat. Thread 4 shrimp onto each of 6 (12-inch) skewers.
- ☐ Place skewers on a grill rack coated with cooking spray; grill 3 minutes on each side or until done.
- ☐ Remove shrimp from skewers; keep warm.
- ☐ Divide orange slices evenly among 4 plates; top each serving with 1/2 cup fennel and 6 shrimp.
- ☐ Drizzle 1 tablespoon dressing over each serving.
- ☐ Sprinkle with fennel fronds, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.88, Glycemic Load:2.08, Inflammation Score:-5, Nutrition Score:16.52260863781%

Flavonoids

Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg Hesperetin: 5.26mg, Hesperetin: 5.26mg, Hesperetin: 5.26mg, Hesperetin: 5.26mg Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg,

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 209.18kcal (10.46%), Fat: 8.86g (13.63%), Saturated Fat: 1.21g (7.56%), Carbohydrates: 7.91g (2.64%), Net Carbohydrates: 6.24g (2.27%), Sugar: 4.09g (4.54%), Cholesterol: 214.32mg (71.44%), Sodium: 1276.41mg (55.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.92g (47.85%), Selenium: 50.73µg (72.47%), Phosphorus: 441.39mg (44.14%), Vitamin B12: 1.89µg (31.47%), Vitamin K: 32.26µg (30.73%), Vitamin C: 20.01mg (24.25%), Vitamin E: 3.54mg (23.58%), Copper: 0.35mg (17.62%), Vitamin B3: 3.4mg (17%), Vitamin B6: 0.31mg (15.44%), Folate: 52.63µg (13.16%), Potassium: 427.96mg (12.23%), Calcium: 120.1mg (12.01%), Magnesium: 48.02mg (12%), Zinc: 1.76mg (11.71%), Vitamin A: 420IU (8.4%), Manganese: 0.15mg (7.72%), Vitamin B5: 0.69mg (6.91%), Fiber: 1.67g (6.7%), Iron: 0.77mg (4.29%), Vitamin B1: 0.06mg (4.17%), Vitamin B2: 0.05mg (2.89%), Vitamin D: 0.17µg (1.13%)