



WHATSheATE



Shrimp Skewers with Charred-Tomato Vinaigrette



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



120 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pinch cayenne pepper
- ☐ 1.5 teaspoons coarse kosher salt
- ☐ 2 medium green onions trimmed
- ☐ 1 teaspoon olive oil
- ☐ 2 large plum tomatoes
- ☐ 2 tablespoons sherry wine vinegar
- ☐ 2 pounds shrimp with tails left intact, deveined uncooked peeled

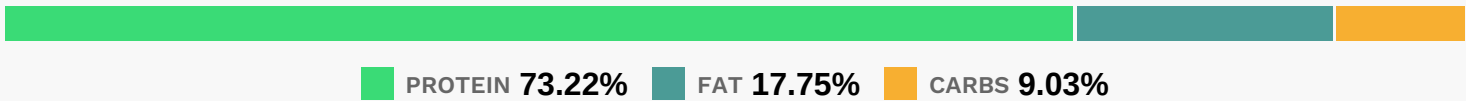
Equipment

- ☐ bowl
- ☐ blender
- ☐ grill
- ☐ skewers
- ☐ metal skewers

Directions

- ☐ Prepare barbecue (high heat). Toss shrimp with coarse salt in bowl. Thread 6 shrimp on each metal skewer.
- ☐ Let stand at room temperature 30 minutes.
- ☐ Meanwhile, cut green onions into 3-inch-long pieces, reserving green tops; thinly slice tops. Lightly coat 3-inch-long green onion pieces and tomatoes with 1 teaspoon oil. Grill green onion pieces and tomatoes until blistered and slightly charred, turning frequently, about 2 minutes for green onions and 6 minutes for tomatoes.
- ☐ Transfer to blender.
- ☐ Add remaining 3/4 cup oil, Sherry wine vinegar, and cayenne. Blend until smooth. Season to taste with salt.
- ☐ Transfer 1 cup dressing to small bowl; stir in 1 tablespoon thinly sliced green onion tops and set aside.
- ☐ Brush remaining dressing over shrimp. Grill shrimp until cooked through, about 2 minutes per side.
- ☐ Spoon 2 1/2 tablespoons reserved dressing onto each of 6 plates, using back of spoon to spread over plate. Top with 1 shrimp skewer.
- ☐ Sprinkle shrimp with remaining thinly sliced green onion tops and serve.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.29, Inflammation Score:-4, Nutrition Score:11.983478131502%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 119.57kcal (5.98%), Fat: 2.25g (3.46%), Saturated Fat: 0.27g (1.71%), Carbohydrates: 2.57g (0.86%), Net Carbohydrates: 2.19g (0.8%), Sugar: 0.66g (0.74%), Cholesterol: 190.51mg (63.5%), Sodium: 1439.4mg (62.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.86g (41.71%), Selenium: 44.79µg (63.98%), Phosphorus: 376.18mg (37.62%), Vitamin B12: 1.68µg (27.97%), Vitamin E: 2.24mg (14.91%), Copper: 0.29mg (14.63%), Vitamin B3: 2.84mg (14.19%), Vitamin B6: 0.26mg (13.17%), Vitamin K: 12.85µg (12.24%), Zinc: 1.52mg (10.16%), Vitamin A: 501.09IU (10.02%), Magnesium: 36.78mg (9.19%), Calcium: 88mg (8.8%), Folate: 35.05µg (8.76%), Potassium: 236.05mg (6.74%), Vitamin B5: 0.49mg (4.91%), Vitamin C: 3.81mg (4.62%), Manganese: 0.08mg (3.98%), Vitamin B1: 0.04mg (2.71%), Iron: 0.48mg (2.67%), Vitamin B2: 0.03mg (1.81%), Fiber: 0.38g (1.53%), Vitamin D: 0.15µg (1.01%)