



Shrimp Skewers with Tzatziki, Spinach, and Feta

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 teaspoons aniseed divided crushed finely
- ☐ 8 cups baby spinach
- ☐ 1 cup cucumber english
- ☐ 0.8 cup feta cheese crumbled
- ☐ 3 tablespoons optional: dill fresh chopped
- ☐ 2 tablespoons juice of lemon fresh for drizzling
- ☐ 4 servings olive oil (for brushing and drizzling)

- ☐ 2 tablespoons shallots chopped
- ☐ 1 pound shrimp deveined uncooked peeled
- ☐ 1 cup yogurt 2% greek-style (or nonfat)

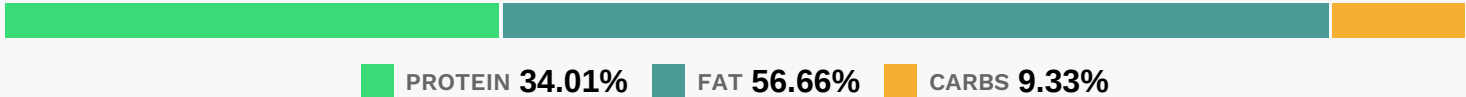
Equipment

- ☐ bowl
- ☐ sieve
- ☐ grill
- ☐ skewers
- ☐ cheesecloth
- ☐ metal skewers

Directions

- ☐ Mix Greek-style yogurt, cucumber, dill, 2 tablespoons lemon juice, shallots, and 3/4 teaspoon crushed aniseed in small bowl; season tzatziki generously with salt and pepper. Chill.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Brush grill with oil. Thread shrimp onto 4 metal skewers.
- ☐ Brush shrimp all over with olive oil; sprinkle with salt, pepper, and remaining 1/2 teaspoon crushed aniseed. Grill just until shrimp are opaque in center, about 3 minutes per side. Divide spinach among 4 plates; drizzle lightly with additional lemon juice and olive oil. Top each with 1 shrimp skewer. Spoon tzatziki over shrimp; sprinkle with feta cheese and serve.
- ☐ *A thick yogurt; sold at some supermarkets and at specialty foods stores (such as Trader Joe's and Whole Foods markets) and Greek markets. If unavailable, place plain yogurt in cheesecloth-lined strainer set over large bowl. Cover and chill overnight to drain.
- ☐ Bon Appétit
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:35.75, Glycemic Load:1.4, Inflammation Score:-10, Nutrition Score:26.107391155284%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 3.87mg, Kaempferol: 3.87mg, Kaempferol: 3.87mg, Kaempferol: 3.87mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 357.32kcal (17.87%), Fat: 23.03g (35.43%), Saturated Fat: 7.12g (44.5%), Carbohydrates: 8.53g (2.84%), Net Carbohydrates: 6.7g (2.44%), Sugar: 4.15g (4.61%), Cholesterol: 215.56mg (71.85%), Sodium: 533.05mg (23.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.1g (62.19%), Vitamin K: 301.29µg (286.94%), Vitamin A: 5855.21IU (117.1%), Phosphorus: 438.57mg (43.86%), Calcium: 356.5mg (35.65%), Folate: 138.05µg (34.51%), Manganese: 0.64mg (32.19%), Copper: 0.57mg (28.56%), Magnesium: 106.5mg (26.63%), Vitamin C: 21.92mg (26.57%), Vitamin B2: 0.45mg (26.52%), Potassium: 827.55mg (23.64%), Vitamin E: 3.34mg (22.3%), Zinc: 3.13mg (20.83%), Iron: 2.9mg (16.1%), Vitamin B6: 0.3mg (14.91%), Vitamin B12: 0.7µg (11.7%), Selenium: 6.3µg (9%), Vitamin B1: 0.13mg (8.35%), Fiber: 1.83g (7.33%), Vitamin B5: 0.66mg (6.6%), Vitamin B3: 0.81mg (4.06%), Vitamin D: 0.17µg (1.16%)