



Skewered Grilled Shrimp, Arugula, and Orange Salad with Citrus-Basil Dressing

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



206 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups firmly arugula packed
- 4 servings citrus-basil dressing
- 1.5 cups fennel bulb thinly sliced ()
- 1 cup grape tomatoes halved
- 1 tablespoon olive oil extra-virgin
- 2 oranges peeled
- 0.1 teaspoon pepper freshly ground

- 0.3 cup onion red vertically sliced
- 0.5 teaspoon salt
- 1.3 pounds shrimp fresh unpeeled

Equipment

- bowl
- grill
- skewers
- metal skewers

Directions

- Peel shrimp, leaving tails on; devein, if desired.
- Sprinkle with salt and pepper. Coat 12-inch metal skewers with cooking spray. Thread shrimp on skewers; brush with olive oil.
- Grill, covered with grill lid, over medium-high heat (350 to 400 degrees Fahrenheit) for 4 to 5 minutes on each side or just until shrimp turn pink.
- Combine half of Citrus-Basil Dressing and shrimp in a medium bowl, tossing to coat.
- Combine arugula, fennel, and remaining dressing. Divide greens evenly among 4 plates. Top with shrimp, onion, orange sections, and tomato.
- Wine note: Napa Valley winemaker Jeff Morgan produces Solo Rosa, a dry California rosé, and Covenant, a kosher Cabernet Sauvignon. Jeff wrote *Dean & DeLuca: The Food and Wine Cookbook* and *The Working Parents Cookbook*. His recently penned wine book, *Rosé, A Guide to the World's Most Versatile Wine*, appeared in bookstores in May. Below, Jeff pairs wine with this flavorful shrimp recipe.
- Smoky shrimp, tangy arugula, and a cornucopia of citrus flavors find beautiful balance in the sweetness of the orange and the subtle licorice notes of the fennel. In Germany, they make wines that offer an equally glorious blend of brightness, pretty fruit flavors, and just a touch of sweetness. Any fine Riesling from Germany's Mosel would do well here. Typically, these wines are low in alcohol, which make them all the more ideal. Try Muller Scharzhofberger Riesling Kabinett (about \$30). – Jeff Morgan

Nutrition Facts



■ PROTEIN 56.67% ■ FAT 19.09% ■ CARBS 24.24%

Properties

Glycemic Index:71.63, Glycemic Load:3.91, Inflammation Score:-7, Nutrition Score:14.265652021636%

Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.29mg, Naringenin: 10.29mg, Naringenin: 10.29mg, Naringenin: 10.29mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg Kaempferol: 3.67mg, Kaempferol: 3.67mg, Kaempferol: 3.67mg, Kaempferol: 3.67mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 206.15kcal (10.31%), Fat: 4.53g (6.97%), Saturated Fat: 0.69g (4.31%), Carbohydrates: 12.95g (4.32%), Net Carbohydrates: 9.54g (3.47%), Sugar: 9.02g (10.02%), Cholesterol: 228.21mg (76.07%), Sodium: 481.45mg (20.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.28g (60.55%), Vitamin C: 46.46mg (56.32%), Vitamin K: 44.88µg (42.74%), Phosphorus: 347.08mg (34.71%), Copper: 0.65mg (32.37%), Potassium: 774.44mg (22.13%), Magnesium: 72.9mg (18.22%), Vitamin A: 844.73IU (16.89%), Calcium: 158.96mg (15.9%), Zinc: 2.16mg (14.37%), Fiber: 3.41g (13.63%), Manganese: 0.24mg (12.23%), Folate: 47.02µg (11.75%), Iron: 1.4mg (7.78%), Vitamin E: 1.07mg (7.16%), Vitamin B1: 0.08mg (5.59%), Vitamin B6: 0.11mg (5.35%), Vitamin B3: 0.68mg (3.38%), Vitamin B5: 0.33mg (3.34%), Vitamin B2: 0.06mg (3.33%)