



Southwest Grilled Shrimp Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



353 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 avocado
- ☐ 0.1 teaspoon ground pepper
- ☐ 4 servings pepper flakes
- ☐ 1 clove garlic minced pressed peeled
- ☐ 0.3 cup spring onion minced (including tops)
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 tablespoon jalapeno fresh minced
- ☐ 0.8 lb cranberry-orange relish

- ☐ 2 tablespoons orange juice
- ☐ 0.5 lb the salad rinsed
- ☐ 3 tablespoons salad oil
- ☐ 4 servings salt
- ☐ 0.3 cup seasoned rice vinegar
- ☐ 0.3 cup tequila

Equipment

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

Directions

- ☐ In a bowl, mix shrimp, vinegar, tequila, liqueur, oil, jalapeo, garlic, green onions, cumin, and cayenne. Cover and chill 30 minutes or up to 1 day, mixing occasionally.
- ☐ Meanwhile, cut peel and white membrane from orange. Working over a bowl to catch juice, cut between fruit and inner membranes to release segments into bowl. Squeeze juice from membranes into bowl; discard membranes and peel.
- ☐ Pit, peel, and slice avocados; add to oranges and mix gently.
- ☐ Drain shrimp, reserving marinade. Thread shrimp onto flat metal skewers.
- ☐ Lay skewered shrimp on a barbecue grill over very hot coals or very high heat on a gas grill (you can hold your hand at grill level only 1 to 2 seconds); close lid on gas grill. Cook shrimp, turning once and brushing frequently with marinade for the first 2 to 3 minutes, until bright pink and opaque but still moist-looking in center of thickest part (cut to test), 4 to 5 minutes total.
- ☐ Mound salad mix equally on dinner plates. Push hot shrimp from skewers. Arrange shrimp, orange segments, and avocados equally on salad mix; moisten equally with chili-orange dressing, and add salt to taste.

Nutrition Facts



Properties

Glycemic Index:93.88, Glycemic Load:5.14, Inflammation Score:-9, Nutrition Score:19.230000122734%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 24.19mg, Hesperetin: 24.19mg, Hesperetin: 24.19mg, Hesperetin: 24.19mg Naringenin: 13.21mg, Naringenin: 13.21mg, Naringenin: 13.21mg, Naringenin: 13.21mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 353.35kcal (17.67%), Fat: 25.57g (39.34%), Saturated Fat: 2.95g (18.44%), Carbohydrates: 23.3g (7.77%), Net Carbohydrates: 14.03g (5.1%), Sugar: 10.19g (11.32%), Cholesterol: 0mg (0%), Sodium: 218.7mg (9.51%), Alcohol: 5.01g (100%), Alcohol %: 2.02% (100%), Protein: 4.01g (8.03%), Vitamin C: 92.99mg (112.72%), Vitamin K: 43.71µg (41.63%), Fiber: 9.27g (37.07%), Folate: 137.87µg (34.47%), Vitamin E: 4.34mg (28.93%), Vitamin A: 1226.38IU (24.53%), Potassium: 824.03mg (23.54%), Vitamin B6: 0.44mg (22.01%), Vitamin B5: 1.73mg (17.34%), Manganese: 0.31mg (15.75%), Copper: 0.29mg (14.5%), Vitamin B3: 2.56mg (12.82%), Vitamin B2: 0.21mg (12.62%), Magnesium: 50.3mg (12.57%), Vitamin B1: 0.18mg (12.15%), Phosphorus: 99.13mg (9.91%), Iron: 1.41mg (7.85%), Calcium: 65.59mg (6.56%), Zinc: 0.91mg (6.08%), Selenium: 1.37µg (1.96%)