



## Spicy Grilled Shrimp with Quinoa Salad

 Gluten Free

READY IN



58 min.

SERVINGS



4

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup avocado diced peeled
- 0.3 teaspoon pepper black
- 0.5 cup chickpeas organic canned rinsed drained
- 1 cup cherry tomatoes halved
- 2 teaspoons chili powder
- 1 ounce feta cheese crumbled
- 0.3 cup cilantro leaves fresh chopped
- 4 garlic cloves divided chopped

- 1 teaspoon ground cumin divided
- 0.5 teaspoon honey
- 0.5 teaspoon kosher salt divided
- 0.3 cup juice of lime fresh divided
- 10 teaspoon olive oil divided
- 0.5 cup onion chopped
- 0.1 teaspoon paprika smoked spanish
- 0.3 teaspoon pepper sauce hot
- 0.8 cup quinoa uncooked
- 1 pound shrimp deveined peeled
- 1 cup water

## Equipment

- bowl
- frying pan
- sauce pan
- whisk
- grill
- skewers

## Directions

- Preheat grill to high heat.
- Combine 2 tablespoons lime juice, 1 tablespoon olive oil, chili powder, 1/2 teaspoon cumin, black pepper, hot sauce, paprika, and 2 garlic cloves in a medium bowl.
- Add shrimp; toss well. Marinate in refrigerator 30 minutes.
- Rinse and drain quinoa.
- Heat 1 teaspoon oil in a large saucepan over medium-high heat.
- Add onion to pan; saut 3 minutes.
- Add remaining 2 garlic cloves and quinoa; cook 2 minutes, stirring constantly.

- Add 1 cup water; bring to a boil. Cover, reduce heat, and simmer 13 minutes or until liquid is absorbed. Cool.
- Combine remaining 2 tablespoons lime juice, remaining 2 tablespoons olive oil, remaining 1/2 teaspoon cumin, 1/4 teaspoon salt, and honey in a large bowl; stir with a whisk.
- Add quinoa mixture, tomatoes, chickpeas, avocado, and cheese; toss gently.
- Remove shrimp from bowl; discard marinade.
- Sprinkle shrimp with remaining 1/4 teaspoon salt. Thread 3 shrimp onto each of 8 (6-inch) skewers.
- Place skewers on grill rack coated with cooking spray. Grill 2 minutes on each side or until done.
- Divide quinoa mixture evenly among 4 plates. Top each serving with 2 skewers.
- Garnish with cilantro.

## Nutrition Facts



**PROTEIN 30.01%** **FAT 38.5%** **CARBS 31.49%**

## Properties

Glycemic Index:75.15, Glycemic Load:2.06, Inflammation Score:-7, Nutrition Score:19.04739120473%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg

## Nutrients (% of daily need)

Calories: 399.97kcal (20%), Fat: 17.55g (27%), Saturated Fat: 3.16g (19.73%), Carbohydrates: 32.31g (10.77%), Net Carbohydrates: 26.71g (9.71%), Sugar: 3.01g (3.34%), Cholesterol: 188.88mg (62.96%), Sodium: 599.6mg (26.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.78g (61.57%), Manganese: 1.06mg (52.8%), Phosphorus: 467.74mg (46.77%), Copper: 0.78mg (38.91%), Magnesium: 126.65mg (31.66%), Folate: 92.51µg (23.13%), Vitamin

B6: 0.45mg (22.69%), Fiber: 5.6g (22.39%), Potassium: 781.52mg (22.33%), Vitamin E: 3.31mg (22.06%), Vitamin C: 17.85mg (21.64%), Zinc: 3.19mg (21.28%), Iron: 3.42mg (18.99%), Calcium: 159.62mg (15.96%), Vitamin K: 15.79µg (15.04%), Vitamin A: 657.41IU (13.15%), Vitamin B2: 0.22mg (13.06%), Vitamin B1: 0.18mg (12.26%), Vitamin B5: 0.76mg (7.64%), Selenium: 5.24µg (7.49%), Vitamin B3: 1.33mg (6.65%), Vitamin B12: 0.12µg (2%)