



Spicy Shrimp Salad with Smoked Chile Vinaigrette

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



4

CALORIES



260 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 tablespoons ancho chili powder
- 1 teaspoon chile de arbol powder
- 8 ounces arugula washed and dried
- 1 tablespoon chipotle pepper puree in adobo
- 4 servings cilantro leaves chopped for garnish
- 0.3 cup cilantro leaves fresh chopped
- 0.3 teaspoon ground cinnamon

- 0.3 teaspoon ground cumin
- 1 tablespoon honey
- 1 tablespoon brown sugar light
- 0.5 cup olive oil
- 3 tablespoons olive oil
- 0.3 cup rice wine vinegar
- 4 servings salt and pepper freshly ground
- 24 large shrimp shelled deveined

Equipment

- bowl
- baking sheet
- oven
- blender

Directions

- Preheat oven to 400 degrees F.
- In a bowl, combine the ancho chili powder, light brown sugar, chile de arbol, cinnamon, and cumin, and set aside. In a medium size bowl, place the shrimp. Salt and pepper the shrimp aggressively. Then, sprinkle the shrimp with the spice mixture on both sides.
- Place the shrimp on a baking sheet and drizzle with oil. Roast for 4 to 5 minutes, or until just cooked through.
- Place the arugula in a bowl, drizzle with some of the Smoked Chile Vinaigrette and season with salt and pepper, to taste. Divide the seasoned arugula among 4 plates.
- Place 6 shrimp around each plate.
- Drizzle with more of the vinaigrette and chopped cilantro.
- Combine vinegar, chipotle and cilantro in a blender and blend until smooth. With the motor running, slowly add the oil until emulsified. Season with honey, salt, and pepper, to taste.

Nutrition Facts



■ PROTEIN 21.36% ■ FAT 58.04% ■ CARBS 20.6%

Properties

Glycemic Index:52.07, Glycemic Load:2.64, Inflammation Score:-10, Nutrition Score:16.309130627176%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg Kaempferol: 19.78mg, Kaempferol: 19.78mg, Kaempferol: 19.78mg, Kaempferol: 19.78mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg

Nutrients (% of daily need)

Calories: 260.4kcal (13.02%), Fat: 17.54g (26.99%), Saturated Fat: 2.46g (15.4%), Carbohydrates: 14.01g (4.67%), Net Carbohydrates: 10.16g (3.7%), Sugar: 9.59g (10.66%), Cholesterol: 96.6mg (32.2%), Sodium: 382.47mg (16.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.53g (29.06%), Vitamin K: 82.5µg (78.58%), Vitamin A: 3527.23IU (70.54%), Vitamin E: 4.9mg (32.63%), Manganese: 0.36mg (18%), Phosphorus: 180.04mg (18%), Copper: 0.35mg (17.44%), Calcium: 156.67mg (15.67%), Fiber: 3.84g (15.38%), Potassium: 523.4mg (14.95%), Magnesium: 59.03mg (14.76%), Folate: 58.14µg (14.54%), Iron: 2.59mg (14.41%), Vitamin C: 9.27mg (11.24%), Zinc: 1.37mg (9.13%), Vitamin B6: 0.18mg (9.09%), Vitamin B2: 0.12mg (7.31%), Vitamin B3: 1mg (5.03%), Vitamin B5: 0.33mg (3.27%), Vitamin B1: 0.04mg (2.83%), Selenium: 1.62µg (2.31%)