



WHATSheATE



Spinach-Pea Salad with Grilled Shrimp

READY IN



45 min.

SERVINGS



4

CALORIES



268 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 ounce baby spinach fresh
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 0.3 cup feta cheese crumbled
- ☐ 3 tablespoons mint leaves fresh chopped
- ☐ 1 small garlic clove minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1.5 teaspoons lemon zest divided grated
- ☐ 3 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 1 cup peas green frozen shelled (1 pound unshelled peas)

- ☐ 1 6-inch wholewheat pita breads whole-wheat ()
- ☐ 0.5 cup onion red thinly sliced
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 1 pound shrimp deveined peeled

Equipment

- ☐ bowl
- ☐ pot
- ☐ grill
- ☐ skewers

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Bring a small pot of water to a boil.
- ☐ Add peas; cook 5 minutes or until crisp-tender.
- ☐ Drain and rinse with cold water; drain.
- ☐ Split pita into 2 rounds. Arrange the pita rounds on a grill rack coated with cooking spray, and grill for 1 minute on each side or until toasted.
- ☐ Remove from grill, and cool. Break pita into 1-inch pieces.
- ☐ Combine 1 tablespoon olive oil, 1 teaspoon lemon rind, salt, and 1/4 teaspoon black pepper in a large bowl.
- ☐ Add shrimp; toss to coat. Thread the shrimp onto 4 (12-inch) skewers. Arrange skewers on grill rack coated with cooking spray; grill 2 minutes on each side or until done.
- ☐ Combine remaining 2 tablespoons oil, remaining 1/2 teaspoon lemon rind, remaining 1/4 teaspoon pepper, vinegar, juice, and garlic in a large bowl.
- ☐ Add peas, onion, mint, and spinach; toss to coat. Arrange about 2 cups salad on each of 4 plates; divide pita and shrimp evenly among salads.
- ☐ Sprinkle each serving with about 1 tablespoon cheese.

Nutrition Facts



 **PROTEIN 40.49%**  **FAT 44.22%**  **CARBS 15.29%**

Properties

Glycemic Index:72.33, Glycemic Load:2.33, Inflammation Score:-10, Nutrition Score:23.131304336631%

Flavonoids

Eriodictyol: 1.34mg, Eriodictyol: 1.34mg, Eriodictyol: 1.34mg, Eriodictyol: 1.34mg Hesperetin: 0.92mg, Hesperetin: 0.92mg, Hesperetin: 0.92mg, Hesperetin: 0.92mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 2.85mg, Kaempferol: 2.85mg, Kaempferol: 2.85mg, Kaempferol: 2.85mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg

Nutrients (% of daily need)

Calories: 268.14kcal (13.41%), Fat: 13.49g (20.75%), Saturated Fat: 2.89g (18.04%), Carbohydrates: 10.49g (3.5%), Net Carbohydrates: 6.67g (2.43%), Sugar: 3.22g (3.57%), Cholesterol: 190.91mg (63.64%), Sodium: 426.64mg (18.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.79g (55.58%), Vitamin K: 221.37µg (210.83%), Vitamin A: 4466.11IU (89.32%), Vitamin C: 31.79mg (38.54%), Phosphorus: 345.27mg (34.53%), Manganese: 0.69mg (34.41%), Copper: 0.59mg (29.67%), Folate: 118.11µg (29.53%), Magnesium: 93.2mg (23.3%), Potassium: 694.75mg (19.85%), Calcium: 188mg (18.8%), Zinc: 2.56mg (17.06%), Vitamin E: 2.45mg (16.36%), Fiber: 3.82g (15.27%), Iron: 2.69mg (14.97%), Vitamin B2: 0.23mg (13.26%), Vitamin B6: 0.23mg (11.29%), Vitamin B1: 0.16mg (10.67%), Vitamin B3: 1.27mg (6.33%), Selenium: 2.71µg (3.87%), Vitamin B12: 0.16µg (2.64%), Vitamin B5: 0.21mg (2.1%)